

Women's Health

You At Your Best

Middle East

Kate
Mara

Her top style tips,
plus how she
sculpts those
amazing abs

LEAN & TONED

In 15 Minutes!

**Flat Belly
Tight Butt
Slim Thighs**

**GET-GORGEOUS
SHORTCUTS**

**Top skin docs share
their beauty secrets**

7 HOT BOD SECRETS

What to Eat to
Drop a Size



**Life
Stress
S.O.S.**

How to keep
calm *anytime*

**EASY
GO-TO
POWER
SNACKS**

BONUS FASHION GUIDE

Look inside for the
hottest spring trends

April 2015

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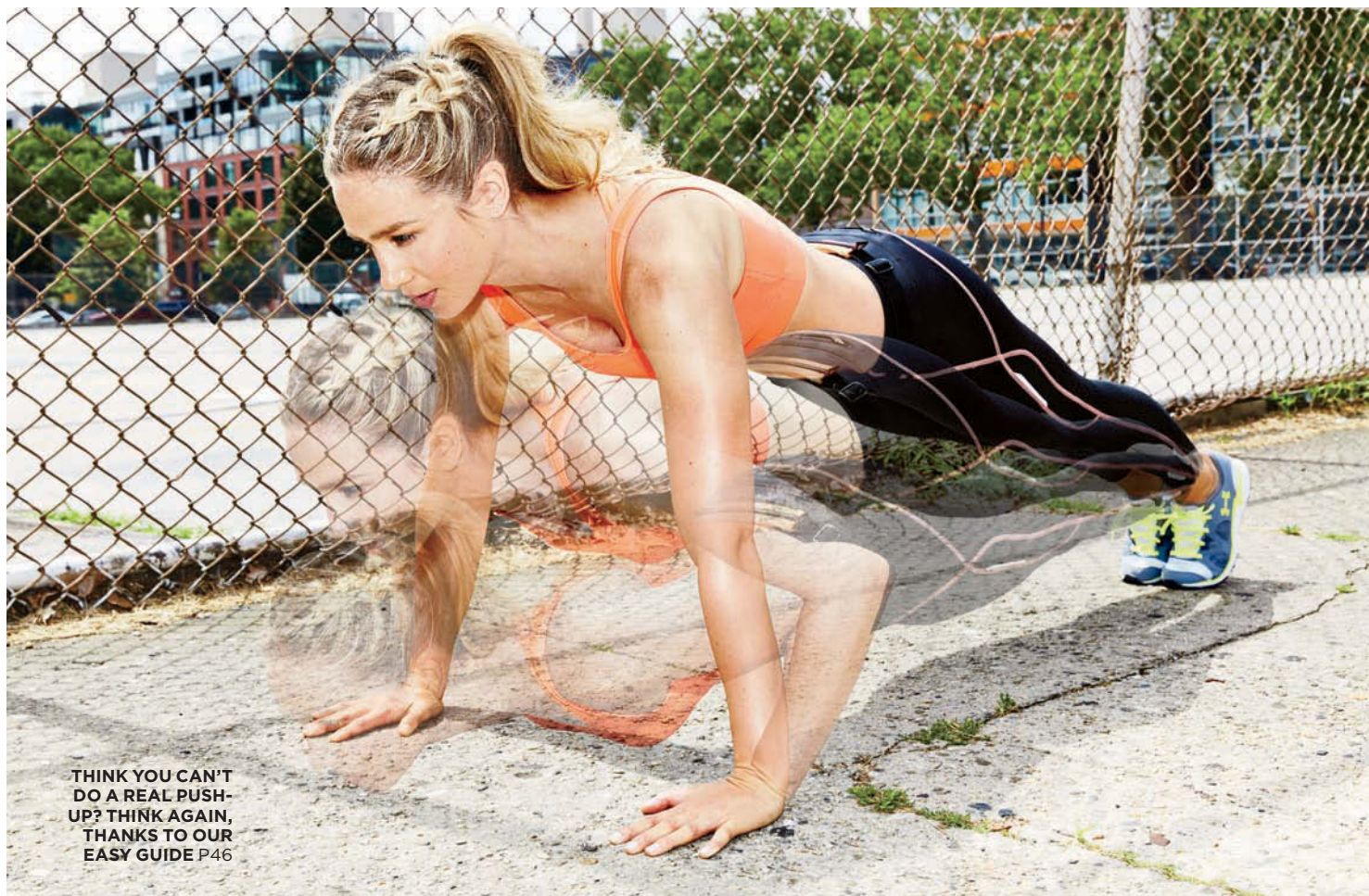
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THINK YOU CAN'T
DO A REAL PUSH-
UP? THINK AGAIN,
THANKS TO OUR
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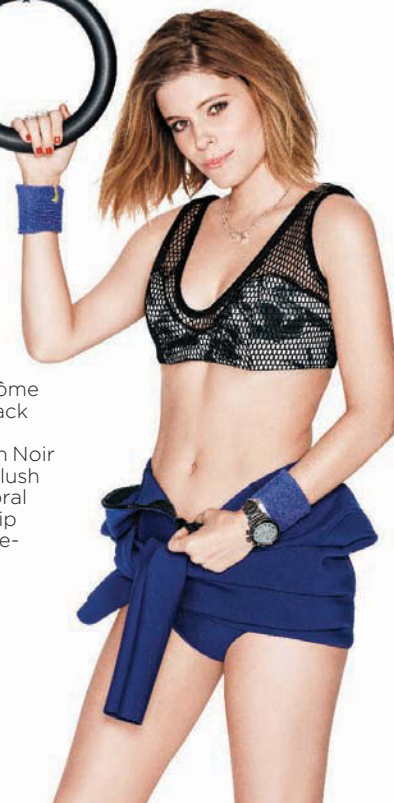
SECRET GARDEN

Florals go full-bloom in our lush fashion shoot

On Our Cover

Kate Mara
photographed by
Ben Watts. Fashion

editor: Jacqueline Azria. Hair and makeup: Bruce Wayne. Manicure: Roseann Singleton for Dior Vernis/Art Department. Prop styling: Lizzie Lang/Apostrophe. For Kate's look, try Lancôme Le Crayon Khôl in Black Coffee, Lancôme Grandiose Mascara in Noir Mirifique, Lancôme Blush Subtil in Shimmer Coral Kiss, and Lancôme Lip Lover in Rose Attrape-Couer.





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A natural evolution



When it comes to style, my fashion sense has seriously evolved over the years. First, there were the matching outfits that made everyone think my sister—who is two years older than me—and I were twins, and I don't mean dressed in the trendy clothing I see most kids wearing these days. I mean puffy, princess-like dresses that made us look like giant cupcakes, or—dare I say it—corduroy overalls that I shudder to think of even now (thanks, Mum). Then there was the teenage semi-goth phase—note to self: black lipstick and plastic chokers are not a good look on me, even if they've been comeback trends in recent years. Next was my absurdly high-maintenance phase in university (what on earth was I doing to take that long getting ready?!), my “dress like an 80's women-in-business advert for my first job out of uni” phase and my “I've discovered vintage clothes and hipster markets” stage, and now, at the age of 29, I have finally

settled into my sense of style. A little bit sophisticated, a little bit athletic, a little bit beach babe, feminine but tough, and always reflective of who I am—after all, our personal style is how we present ourselves to the world, and is a reflection of our personality and lifestyle choices, right? Fashion naysayers often insist that it's just clothing and shouldn't matter, but I beg to differ (and so does the multi-billion dollar fashion industry). They say it only takes up to seven seconds for people to form a first impression (and scarily, *much* longer to change it), and a 2013 study by *Psychology Today* found that even the most subtle changes in what we wear (from fabric choice to how well a piece is fit to our body) can affect the snap

judgments—which often lead to lasting impressions—other people have of us, be it in our social lives or the workplace. It makes sense, then, that our style evolves as we move through different phases in our life—and that, if what we wear is reflective of who we are in each one, it often takes us a little time to figure that out... just ask our gorgeous cover star, Kate Mara (p.70). Still, there are some things that are perennially chic—a little black dress, a well-tailored crisp white shirt, a pair of jeans that hug you in all the right places, and in the springtime, floral prints. While the concept is not groundbreaking (cue a reference to *The Devil Wears Prada*), the many new ways to wear them are—whether it's bold, sweet, tropical or English garden-inspired you're after, our bonus fashion section will help you find what's right for your style, not to mention give you a peek into the fashion industry with our insider interviews. One thing all the experts—and the *WHME* team—can agree on? A fit and healthy body, a kind heart and a radiant smile are always in style. See you in May!

Yihwa
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Follow me on Twitter and Instagram!
@yihwahanna

TIME FOR A CHANGE

IF YOU HAVE...

1 MINUTE

Text that cute guy you went out with yesterday—whether he's already texted you first or not. There's no need to wait for him to make that move anymore. “Dating Rules: Break or Bend?” p.79

5 MINUTES

Run through our handy checklist before your next doctor's visit to make sure you're both getting the most out of it. “7 Lies We Tell Our Doctors” p.56

10 MINUTES

Craving a little somethin' to munch on? Try one of our recipes for tasty, homemade popcorn—whether it's sweet or savoury you crave, it's the perfect healthy snack. “Kernel Knowledge” p.61

15 MINUTES

Grab a kettlebell and blast the calories with this easy yet intense routine that will leave your body toned and from top to toe. “Get In Killer Shape With Kettlebells,” p.50

30 MINUTES

Whip up a DIY Oat Bran Mask, and while you wait for it to work, rub on some coconut oil or coconut cream to soothe dry skin and eczema. “Shortcuts to Gorgeous” p.36

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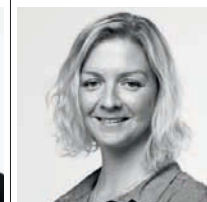
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Clinic, camalclinic.com



What are your go-to outfits when you're really busy?

"During weekdays, a skater dress with pointy pumps or ballet flats; when I go out, a miniskirt or a stand-out pair of tailored shorts in a cool fabric (or with some sort of detail like sequins) paired with a simple top and killer heels; on weekends, denim cutoffs and a cosy light sweater with flip-flops."

Yi-Hwa Hanna, Editor-in-Chief

"For day, skinny jeans with hot stilettos and a leather jacket. For night, a high-waisted skirt or shorts with one of my dozens of crop tops—if crop tops ever go out of fashion, I'm stuffed!"

Hannah Bass, Deputy Editor

"Dark boot cut jeans that are casual, yet smart enough to wear with a jacket; a nice pair of Loake shoes—stylish yet comfy and made with such soft leather; and my baker boy hat—it gives me that retro-style look, and is more stylish than a baseball cap!" René Andrew, Art Director

Jumpstart
your gym
mojo with a
tough new
challenge

Q

I used to love the gym, but I've really lost my motivation to go recently. How can I give myself a jumpstart?

—Emilie, Dubai

There are loads of tricks you can try. For a start, hook up with a buddy! You'll feel more committed as you won't want to let your mate down by not meeting her at the gym and, once you're there, you can motivate and push each other.

Equally, seeing your friend working out and sticking to her exercise and diet regime might make you feel more ambitious. Plus, it's a great, healthy way of socialising with your friends. Alternatively, if you can afford it, hire a personal trainer—even if it's just for a couple of months. He or she will show you new workout methods and routines and should bring back your love for the gym. And by having a professional help pinpoint your goals, you'll also see results way faster! If neither of these ideas are for you, try to engage in fun activities. Most gyms offer funky group classes, or you could sign up for a race, such as a triathlon or the Desert Warrior Challenge. Not only will you be motivated to reach your goals and conquer the

challenge, you'll also meet new people and make friends. The worst thing you can do is to force yourself to go to the gym and do things you hate—for example, telling yourself, "I hate running but I have to do it in order to burn fat!" There are a million ways to get great results, so inform yourself and change your workout regime into fun 'Me Time'.

—Sonja Belgard, Personal Trainer

My husband and I want to get pregnant. How long will it take after coming off the Pill for my fertility to return to normal?

—Katie, Dubai

It is a common myth that it will take a while to fall pregnant after stopping the Pill. There are two main types of contraceptive pill. When people talk about 'the Pill' they usually mean the combined pill (oestrogen plus progesterone), as opposed to the mini-pill (progesterone only). The combined pill works by preventing ovulation, whereas the mini-pill works by preventing the sperm from reaching the ovum, or egg. Once you stop taking either type of pill, your body will return to normal. With the combined pill this can happen within a week or one menstrual cycle. With the

mini-pill it can happen even sooner. This is it's so important not to miss any pills when you're trying to prevent pregnancy. Often, if a woman fails to become pregnant after stopping the Pill, they blame the Pill itself when, in fact, it's usually down to other fertility issues that have been masked by taking the Pill.

—Dr. Shereen Habib, Gynaecologist

I'm trying to lose weight and I've heard how sugary fruit juice is. Should I cut it out altogether?

—Martha, Abu Dhabi

Since you're trying to lose weight, I would recommend that you stop drinking juices altogether and eat fresh whole fruits instead. For example, one cup of orange juice contains at least three oranges, so when you drink a glass of juice you're consuming all the sugar in three or more oranges in a very short space of time. In contrast, eating just one orange requires chewing, more digestion, more time, and you end up consuming more fibre and less fruit sugar.

—Dr. Hiba Kurjeh, Clinical Dietitian

How important is it to keep varying your workouts? What are the benefits?

Sangeetha, Ajman

Research has shown that adding variety to an exercise programme can improve adherence. It's important to keep your workouts varied firstly to stop yourself from getting bored with the same old routine day in and day out, and secondly to avoid reaching a plateau in your performance and, subsequently, your training results. From my personal experience with clients, variety is key for pushing yourself beyond a plateau and developing your skills and strengths over a wide base. For example, you could try focusing on weights and functional moves in one session, swimming in the next, stand up paddleboarding for an active rest day and so forth—the options are endless. This will help keep you excited and build new skills and strengths you didn't even know you had. At the end of the day, the most important thing is staying active, so why not make it fun and full of variety?

—Derryn Brown, Personal Trainer

I bruise really easily—just a gentle knock will leave a horrid dark mark! Is there something wrong with me?

—Sofia, Sharjah

Bruising is caused by small blood vessels under the skin breaking, most commonly due to trauma. Blood then leaks out into the surrounding tissues and causes discolouration. Some people have a genetic tendency to bruise easily and the slightest knock will cause bruising. This may be unimportant, but in some cases it could be a genetic disease where the blood's clotting proteins are absent. Another cause could be a deficit in small particles in the blood stream called platelets that aid in clotting. The number of platelets can be temporarily lowered after a viral illness. However, more serious illness such as leukemia—a cancer of the blood cells—and some kidney diseases can also cause easy bruising. So if you're concerned about it in yourself or a child, it would be wise to see your doctor, who can rule out the more sinister causes with a blood test.

—Dr. Carol Smylie, Family Doctor



• Skip the juice and snack straight on the source

HOW SAFE IS IT?

REUSING AN ONLINE PASSWORD

It's fine for sites that don't store important personal info (such as Pinterest). But for those that do (like your bank account), it will give hackers easier access to your money and your life, says Bruce Schneier, a fellow at the Harvard University Berkman Centre for Internet and Society.

TOP PICKS

Natural Wonders



Pantry Café

This friendly neighbourhood cafe takes a lot of pride in their delicious cuisine inspired by locations from all around the world, and is just as passionate about being natural and ethical with their ingredients as they are the way they run their business. Great for breakfast, lunch or dinner in their bright, airy interiors. Visit pantrycafe.me



The Farm at Al Barari

Natural where it needs to be—with its lush, gorgeous gardens, and organic and fresh ingredients wherever possible—and so modern in other ways—with gorgeous contemporary interiors and cool iPad menus—this venue is a serene sanctuary in which to grab a bite. If you're lucky, you might even catch some live music in the evenings. Visit thefarmdubai.com



Tidjoori

Taking the best of vegan food and making it as healthy as can be, this Dubai Marina restaurant is a breath of fresh air. High quality ingredients (that you can buy) and tasty vegan dishes that will blow your tastebuds? Yes, please. Visit tidjoori.com

Ask the Guy Next Door

Paul Frangie

Paul is a Chef and TV Personality. He is the founder of hapi - a lifestyle consultancy specialising in health and wellbeing. For more information visit www.paulfrangie.com



Q

My dad and my boyfriend just don't get on—the only thing they have in common is me. What can I do to smooth things out? I love them both.

—Maha, Oman

Do you know why this is? They might just need to get to know each other better. Arrange a casual meal, or a day at the beach—maybe invite one or two friends as well. Plan something fun, or even play some sports—tennis or golf may sound cliché but could help break

the ice. Hopefully in a more spontaneous setting they'll start warming to each other!

I really like my new man but sometimes he's really bossy and I can't stand it. How can I get him to back off when it's still so new?

—Jane, Dubai

It's really quite simple—all you have to do is tell him how you feel. He might not even realise that he's being bossy towards you, and on top of this have no idea you can't stand it. I would suggest that you wait until then next time he acts bossy again, but don't react. Then later in the day, tell him you'd like to speak to him and explain how you feel when he acts this way. Use the recent example; tell him

you don't like it and that you want him to stop.

I recently met my dream guy but one problem—he's only here on a short-term basis. Is there even a point in carrying on or should I get out now?

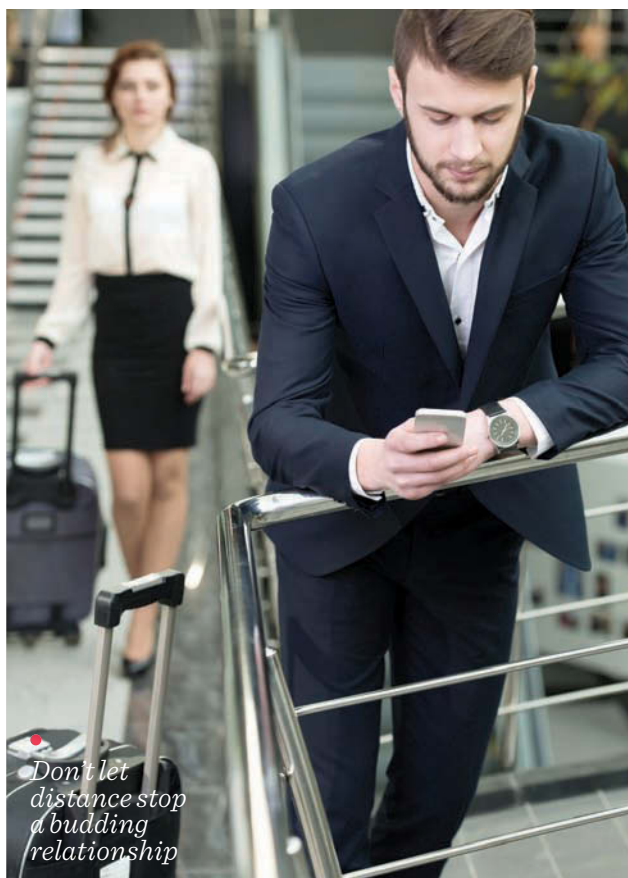
—Alice, Ras Al Khaimah

You'll never know unless you try, and also if you don't give it a shot now, you might end up regretting it in the future. Circumstances can change and he could end up staying on a more long-term basis. I always think you should live for today and go with the flow—you can only really plan for the future when you both commit to each other and decide to try and make it work, together. When the time comes that he may have to move again, you can always reassess and both decide what's best for the relationship.

My new guy is sweet, funny, and handsome—but he just doesn't give me butterflies. Should I stay and risk future boredom or leave and hold out for passion?

—Sarah, Abu Dhabi

Butterflies come and go in any relationship, so think back to what attracted you to him in the first place. If he's as great as you say, then surely you can reignite some passion between each other. Early on in a relationship this usually comes quite naturally as it's still all new and exciting, however as the relationship progresses you probably have to put some more effort into it. Having said this, things are still quite new and you don't see it going anywhere, it could be a good time to bail.



Don't let distance stop a budding relationship

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Liv Beyond.



Liv is the world's first brand solely dedicated to the female riders. Since its founding in 2008, Liv has committed to develop specially-designed bikes and gear exclusively for women, and provide welcoming retail to meet the needs of all female riders. We believe every woman can discover the possibilities within herself through cycling. "Liv Beyond." is the spirit of our brand that encourages women to ride and find something beyond their everyday lives, gain the confidence and become a better version of themselves. Liv will continually provide the trend-leading products and touching services to make every woman fall in love with cycling.

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The Latest
News in Health,
Relationships,
Nutrition,
Beauty,
and Fitness

SCOOP!



SHORT AND SWEET

Lower your height requirement and you may just land your forever mate. Researchers found that fellas 5'7" and under divorce 32 percent less frequently than their taller counterparts. Shorter men have to work harder to overcome the stigma of not measuring up as partners, says study author Abigail Weitzman, a Ph.D. candidate at New York University. In other words, it may take a short guy longer to woo you, but during that crucial courting stage, you're actually getting to know each other better and forming a stronger bond—key for a happy, lasting union.

STYLING: ANGELA CAMPOS/STOCKLAND MARTEL



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PERCENTAGE BY WHICH YOU REDUCE YOUR STROKE RISK IF YOU EAT A GOOD DIET, DON'T SMOKE, DON'T CONSUME ALCOHOL IN EXCESS, GET AT LEAST 40 MINUTES OF PHYSICAL ACTIVITY PER DAY, AND—WHEW!—MAINTAIN A BMI BELOW 25. Source: *Neurology*

A Breath of Fresh Air

Sandstorms, wild winds and crazy cold rain—the climate's a mess, and thanks to the globally above-average levels of individual vehicle ownership, the ensuing emissions mean the GCC now contributes about 2.5% of world CO2 emissions...but there is some good news: Following the effects of the urbanisation and industrialisation across the GCC in the past few decades, the UAE is now determined to lead the way when it comes to improving air quality, with pioneering plans to focus on renewable energy sources such as solar energy.

Three simple things you can do to make the air even cleaner:

Use low- or no-VOC paints.

Making this swap can reduce the release of nasty chemicals such as formaldehyde, a possible carcinogen.

Turn off your car when parked.

Idling, even for just a few minutes, emits carbon monoxide, nitrogen oxide, and other pollutants that contribute to ground-level ozone.

Switch power-hungry devices

like digital cameras to rechargeable batteries, which have up to 30 times less impact on ozone pollution than disposables do.



TWITTER ME THIS

"Do you know that a dog looking you in the eye releases love chemicals in your brain? #lovemylab #hearditon60minutes" —actress Reese Witherspoon; @RWitherspoon



Explained: Researchers in Japan found that your dog's gaze can increase your levels of oxytocin, the bonding hormone. No staring contest required—just five minutes of interacting with your pup can work.

SICK AND TIRED

Next time you need to see your doc, book an a.m. appointment. New research shows **primary care doctors are 26 percent likelier to prescribe unnecessary antibiotics near the end of their shift.** Why? Because they're beat and it's easy, says study author Jeffrey Linder, M.D., M.P.H. Whether or not you nab an early slot, ask if you really need that prescription. Half of all antibiotics are prescribed for conditions they can't treat, like colds and the flu, which ups your risk for antibiotic-resistant bacteria and can lead to diarrhea, rashes, and yeast infections.

MORNINGS MEAN COFFEE...AND FEWER ANTIBIOTIC SCRIPTS.

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Teach him
how to
pucker up.

LIP SERVICE

Is there anything more disappointing than discovering your otherwise-awesome guy is a mediocre make-out? Don't let it kill your mojo (or your future with him). Harlequin conducted a survey of 2,000 people and found that only one out of 10 respondents would put the kibosh on a relationship with a poor smoocher. And more than one in five women said they'd have no problem teaching a bad kisser ways to improve. But how do you up his game without crushing his ego? William Cane, author of *The Art of Kissing*, suggests these sly lip-locking lessons:

1

Tease him (in a good way).

Tell him to hold off on kissing you back for one minute while you lay it on him the way you want to be smooched.

2

Let life imitate art.

Watch a movie with a great kissing scene and whisper, "That is so hot." Then suggest a reenactment.

3

Open your mouth.

And ask him what he likes. You'll talk kissing styles without having to call attention to his tonsil-hockey fouls.

Laughter

A natural baby-making aid. Researchers studied 219 women undergoing in vitro fertilisation and found the women were 16 percent more likely to get knocked up if a clown paid a visit while they recovered from the procedure. (Note: You may want to keep Bozo out of the delivery room.)

Source: *Fertility and Sterility*

forty

THIS JUST IN

So Much for Boy Toys ➔

Money may not buy you happiness, but it can afford you a silver fox. From a recent survey of almost 4,000 participants, researchers found that as women become more financially independent, they go after hotter, older guys.

Previous research has shown that women typically place more emphasis on a man's ability to provide than on his looks, but this study, published in *Evolutionary Psychology*, proves that as a woman's bank account grows, so does her desire for a hunk with maturity.

"Women can afford to demand characteristics from their partner other than just wealth," says lead author Fhionna Moore, Ph.D., a lecturer at the University of Abertay Dundee. Like a strong jaw and some life experience.

PERCENTAGE OF YOUNG COUPLES, WHETHER MARRIED OR DATING, WHO DISAGREED ON HOW EXCLUSIVE THEIR RELATIONSHIP WAS. AND AMONG THOSE WHO WERE ON THE SAME PAGE, 30 PERCENT REPORTED HAVING CHEATED.

Source: *The Journal of Sex Research*

•
With
salt and
pepper,
please.



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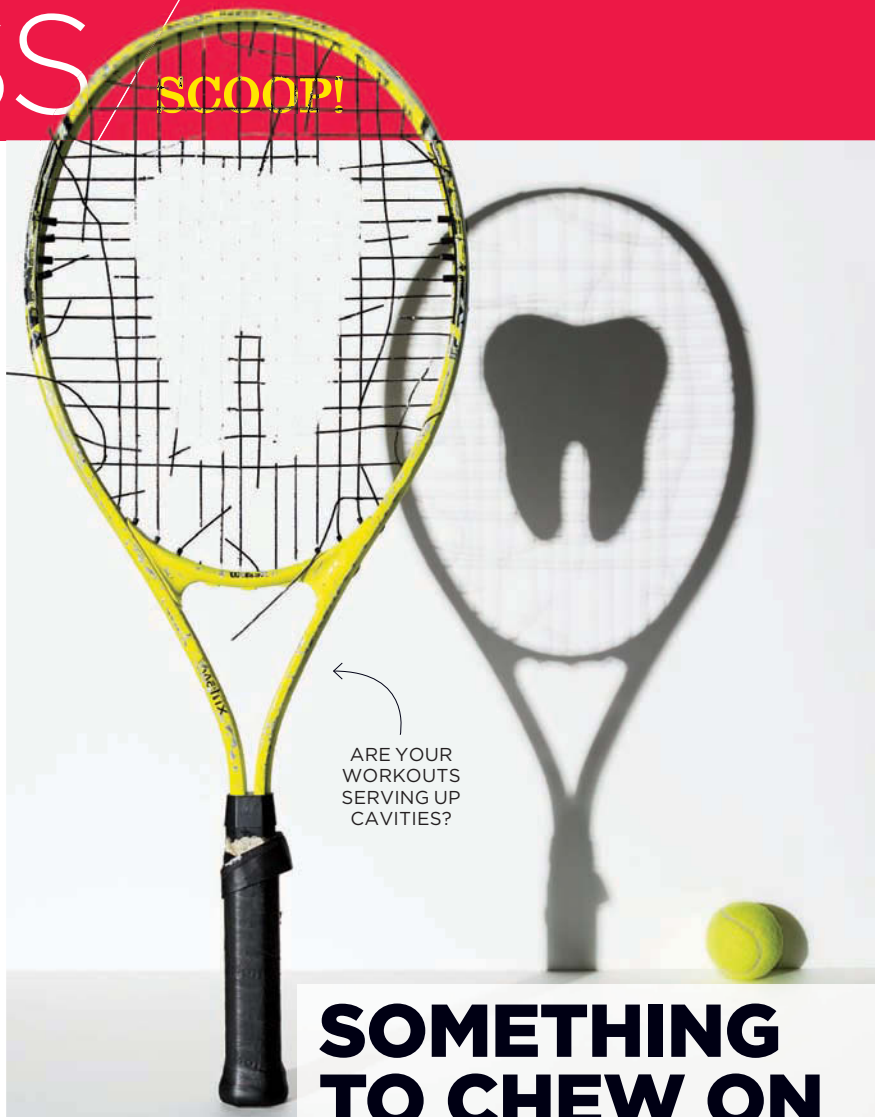
speedo 

Exercise Therapy

A kick-ass sweat session can chill you out after a bad day—and not just because it triggers feel-good endorphins. A *Medicine & Science in Sports & Exercise* study found that the soothing effect may be tied to the confidence regular exercise provides. Feeling unhappy about your appearance creates anxiety, says study author

Rodney K. Dishman, Ph.D. Shaping up can improve your body image and, as a result, curb stress.

Aim for at least 150 minutes of moderate to vigorous physical activity per week, especially muscle-building and aerobic activities, says Dishman.



ARE YOUR WORKOUTS SERVING UP CAVITIES?

SOMETHING TO CHEW ON

Torching calories on the court could send you to the dentist's chair: **Athletes are more likely to have dental erosion and cavities than nonexercisers.** That's because intense sweating decreases saliva production, which is crucial for flushing away debris and neutralising damaging acids, says Joseph Banker, D.M.D. Keep your mouth moist by sipping about six ounces of water every 15 minutes of your workout.



Upper Hand

Mess up your wrists in boot

camp and you'll feel it—all over. Poor alignment or overuse of the joint can lead to tendinitis or other wrist injuries, which could cause upper-body pain, says Harrison Youmans, M.D., a sports medicine specialist for Orlando Health. The best wrist position for common exercises:

1

Pushups

With your hands slightly more than shoulder-width apart, place your wrists directly under your shoulders to help minimise strain or discomfort.

2

Biceps Curls

Keep your hands in line with your wrists as you move the weight up and down, treating the forearm and hand as one unit (not curling the wrist at the top).

3

Barbell Bench Presses

Fully grasp the bar with each hand, using all 10 fingers. Letting the bar rest on the palm without the support of the finger grasp can strain the wrist.

sixty-one

PERCENTAGE OF FEMALE EXECUTIVES WHO SAY THAT A BACKGROUND IN SPORTS POSITIVELY INFLUENCES THEIR HIRING DECISIONS. WHY? THE DISCIPLINE REQUIRED FOR THAT WEEKEND BOXING CLASS CAN CARRY OVER INTO THE WORKPLACE, SAYS CAREER COACH DEBORAH BROWN-VOLKMAN. TIME TO UPDATE YOUR RÉSUMÉ!

Source: EY Women Athletes Business Network and espnW report





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AUTO CORRECT

So this is shady: While the average car windshield has an SPF of about 50, most side windows clock in at just around SPF 16, according to Debra Levy, president of the Auto Glass Safety Council. No wonder that the majority of all skin cancer cases occur on the left side of the body. As always, **SPF 30 is a must (use an extra layer on your left if you're driving; right, if you're shotgun)**, says Steven Wang, M.D., director of dermatologic surgery at Memorial Sloan-Kettering Cancer Center in Basking Ridge, New Jersey. For more protection, consider UV-blocking film. Llumar shields you from 99 percent of UVA and UVB rays, carries the Skin Cancer Foundation Seal of Recommendation, and comes in clear or tinted (prices range from Dhs735 to Dhs1,837; visit llumar.com).



Don't let sun damage be your road-trip souvenir.

LOVE IT TO BITS!

Pretty much every woman has a mascara (or 10) in her tool kit. Seventy-five percent of us wear it every day, according to the NPD Group. Here, three cool new ways to lash out.

1

Benefit Roller Lash: Inspired by hair rollers, this mascara's patent-pending Hook 'n' Roll brush curls so much it might nix the need for an eyelash curler. (Dhs125, Sephora)

2

Make Up For Ever Smoky Stretch Mascara: Short lashes? This silky formula's Flex Control complex will glide on for serious length and definition. (Dhs125)

3

Rimmel Wake Me Up Mascara: Fake a full night's sleep with this vitamin-enriched formula that leaves lashes lifted and looking wide-awake. (Dhs49)

Smile On!

The first dental care system designed to help reverse the erosion process caused by consuming certain foods and drinks, the new REGENERATE Enamel Science™ system—developed for almost 10 years—uses mouth trays and a daily brushing and boosting serum to help rebuild tooth enamel, a process that, once lost, doesn't happen naturally. Now that's something to grin about! From Dhs60, at Boots.

five

THE MAXIMUM NUMBER OF MINUTES YOU SHOULD LEAVE CONDITIONER ON YOUR HAIR—EVEN IF YOUR STRANDS ARE DRY AND DAMAGED. (IF YOU HAVE HEALTHY, UNPROCESSED HAIR, A MINUTE SHOULD DO THE TRICK.) LET IT MARINATE LONGER AND YOU'RE LOOKING AT THE POSSIBILITY OF LIMPNESS AND AN EXTENDED BLOW-DRY TIME, SAYS HAIRSTYLIST MARIO RUSSO, OWNER OF SALON MARIO RUSSO IN BOSTON. "THE CONDITIONER CAN PREVENT AIR FROM PENETRATING AND DRYING THE FOLLICLE."

CLOCKWISE FROM LEFT: VICTOR PRADO, PROP STYLING: ARIANA SALVATO/APOSTROPHE; YASU + JUNKO, PROP STYLING: ANGELA CAMPOS/STOCKLAND MARTEL

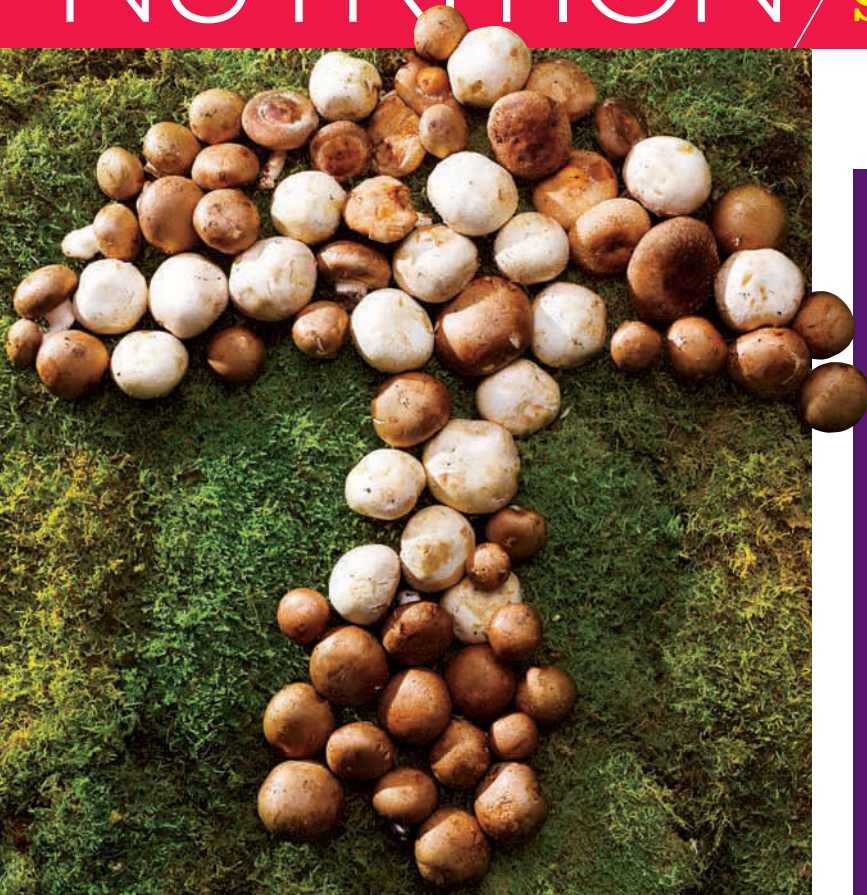
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SHORT ANSWER

Mushrooms

A smart replacement that can slash the calories, saturated fat, sodium, and cost of red-meat dishes. According to recent consumer research, people who noshed foods made with a mushroom-beef blend (up to as much as 80 percent 'shroom) found them just as tasty as meat-only meals. Replace some of the ground beef in, say, your tacos with chopped cremini, portobello, shiitake, or button mushrooms.

Reason #2,469 to Eat Fish

The ocean is calling... Can you hear it? Women who consume two or more servings of fish per week may be 20 percent less likely to develop age-related hearing loss, reports the *American Journal of Clinical Nutrition*. A regular dose of the omega-3 fats found in fillets may help maintain adequate blood flow to the ear, which protects against damage, says study author Sharon Curhan, M.D., an epidemiologist at Harvard and Brigham and Women's Hospital, U.S. Salmon, sardines, cod, tuna, and halibut are all 0-3 rich.

A FAIR TRADE

The easiest way to get over a breakup is to find a drool-worthy rebound. That tactic might also work for food, according to a study in the *Journal of Consumer Research*. People were able to move on from their go-to treat when they ate a similar-tasting (but healthier) one. Because you're enjoying a comparable flavour, you don't feel deprived, says Rebecca Scritchfield, R.D., founder of Capitol Nutrition Group in Washington, D.C. Here, she shares some of her favourite stand-ins for common cravings:

Sorbet or fruity ice cream

Frozen grapes, mango, or banana

Chocolate candy bars

Dates stuffed with creamy peanut butter and chocolate chips

Pretzels or potato crisps

Veggie crisps or roasted chickpeas

French fries

Baked courgette fries

eighty-four

PERCENTAGE OF PRODUCTS EXAMINED BY RESEARCHERS THAT WERE MARKED "TRANS-FAT FREE" BUT ACTUALLY CONTAINED THE CHOLESTEROL-RAISING SUBSTANCE. ACCORDING TO REGULATIONS FROM THE U.S. FOOD AND DRUG ADMINISTRATION, ANY FOOD WITH LESS THAN 0.5 G CAN BE LABELLED AS CONTAINING 0 G, BUT NOMINAL AMOUNTS ADD UP FAST. THE AMERICAN HEART ASSOCIATION RECOMMENDS THAT LESS THAN 1 PERCENT OF YOUR DAILY CALORIES COME FROM TRANS FATS (THAT'S A MEAGRE TWO GRAMS IN A 2,000-CALORIE DIET). YOUR BEST BET: AVOID ANYTHING WITH "PARTIALLY HYDROGENATED" ON THE INGREDIENTS LIST.

Source: US Centers for Disease Control and Prevention



CLOCKWISE FROM TOP LEFT: TRAVIS RATHBONE, FOOD STYLING: JAMIE KIMM, PROP STYLING: MARINA MALCHIN, SHUTTERSTOCK



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SUGAR CRASH

Your buds Ben and Jerry might soothe your blues—but not for the reasons you think, says research. After watching a sad movie, people ate either a sweet comfort food, a granola bar, or nothing at all. Surprisingly, everyone felt better just three minutes later. So while scarfing cookies 'n' cream may *seem* to erase bad feelings, it may just be the healing power of time, says study author Traci Mann, Ph.D., of the University of Minnesota. Read: The few minutes it takes to down a few scoops is enough to distance you from your crummy mood. Next time you're glum, try calling a pal or taking a walk.



HEALTHY PICKS MAY ALSO HELP MELT AWAY THE SADS.

TRACK STARS

Keeping a diary of your eating habits is good on paper, but you'll have even better success if you go digital. In a recent study, people who used an app to log dietary data entered significantly more days than those who had hard copies. That consistency is key, as the more you record, the more likely you are to see results, says study author Christopher Wharton, Ph.D., of Arizona State University. Not only are apps convenient, but they can provide real-time feedback. Try Lose It!, Noom Coach, or My Diet Diary.

78

HOW MANY FEWER CALORIES THE AVERAGE AMERICAN CONSUMES PER DAY SINCE 2007. THAT DECREASE IS DUE, IN PART, TO A PLEDGE BY 16 OF THE COUNTRY'S LEADING MANUFACTURERS OF PACKAGED FOODS AND BEVERAGES TO SELL 1 TRILLION FEWER CALORIES IN THE U.S. BY 2012. HOW'D THEY DO IT? A MIX OF SMALLER PORTIONS, REFORMULATING PRODUCTS TO CONTAIN FEWER CALORIES, AND CREATING MORE LOWER-CAL OPTIONS.

Source: Healthy Weight Commitment Foundation

NOSHING UNDER THE INFLUENCE

Dinner party...or dinner pig-out? Compared with those who ate solo, people scarfed down about 35 percent more food when eating with another person and up to 96 percent more when eating with a group of at least seven. One reason why: You're apt to linger at the table longer when dining with others, which encourages you to shovel in extra grub, according to Brian Wansink, Ph.D., author of *Slim By Design*. His strategies to help you curtail calories at your next group outing:

1/ BE THE FIRST TO ORDER.

You're less likely to be swayed by others' choices.

2/ BUT START CHOWING LAST.

If you finish while others are still eating, you may be inclined to help yourself to seconds.

3/ PACE YOURSELF WITH THE SLOWEST EATER AT THE TABLE.

We tend to keep up with the fastest. Taking it easy gives your brain time to get the "hey, I'm full!" signal from your belly.



PHOTOGRAPHY: SHUTTERSTOCK.

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How Top Skin Docs Turn Back Time

They might be in the flawless-skin business, but dermatologists are still real people who face the same ageing issues as the rest of us. Except they always have an M.D. at their beck and call! Here, their tricks for looking preternaturally young.

By Karina Giglio

STYLE DIRECTOR: JACQUELINE AZRIA-PALOMBO, HAIR: CHARLES BAKER STRAHAN FOR HERBAL ESSENCES/ARTISTS BY TIMOTHY PRIANO, MAKEUP: SARA GLICK FOR DIORSKIN, LOCATION: ESPERANZA RESORT, CABO, MEXICO; STILLS: CLAIRE BENOIST

Beauty Buzz



Elizabeth Tanzi, M.D., 43

Tanzi has a private dermatology practice in Washington, D.C., and serves as codirector of the Washington Institute of Dermatologic Laser Surgery.

What's ageing her:

Sagging and loss of volume. "In my forties I'm dealing with sagging skin, especially along my jawline and around my eyes. It's that little waddle under the chin—the jawline isn't as well defined and chiselled as it used to be. The skin just doesn't snap back."

Must-have products:

> Antioxidant serum:

SkinCeuticals C E Ferulic (1), Dhs536, skinceuticals.com. "I use two drops of this



antioxidant serum that contains vitamins C and E and ferulic acid. This combination is potent and really helps keep away any inflammation that you get from the environment and the sun. That inflammation breaks down collagen and elastin, which is the cause of sagging."

> Caffeinated eye cream:

Neocutis Lumière Bio-restorative Eye Cream with PSP (2), Dhs294, neocutis.com for info. "The caffeine

helps temporarily tighten the eye area, while the hyaluronic acid provides great moisture to plump up fine lines for a more taut look. It's fragrance-free, so there's nothing irritating about it."

> Evening hydrator:

CeraVe Facial Moisturizing Lotion P.M. (3), from Dhs51, at drugstores. "The ceramides in this lotion are part of the skin's natural barrier function, so you're getting

something that's closely mimicking naturally well-moisturised skin. When skin is well moisturised, it looks younger and firmer. I apply it on top of my serum as the last step every night."

In-office treatments she swears by:

> Ulthera: "It's amazing for opening and lifting the eyes and tightening the jawline. A handheld device delivers ultrasound



Whitney Bowe, M.D., 34

Bowe is a dermatologist with offices in New York City and Westchester, New York. She's also a clinical assistant professor of dermatology at SUNY Downstate Medical Center.

What's ageing her:

Wrinkling and fine lines. "UV light breaks down collagen, which is what gives skin its strength and support—like scaffolding—and elastin, which is what makes skin plump. When you're fair-skinned like I am, that breakdown happens even faster because your skin doesn't have pigment to protect it against damage from those UV rays."

Must-have products:

- > **SPF moisturiser with niacinamide:** Olay Professional Pro-X Age Repair Lotion with Sunscreen Broad Spectrum SPF 30 (1), from Dhs175. "This is a great time-saver because it's an anti-ageing cream and SPF in one. Niacinamide increases collagen production and softens the appearance of lines and wrinkles. The SPF is key for protecting against future sun damage."
- > **Nightly exfoliating cream:** Everlasting Elegance Glycolic Facial Cream 10% (2), Dhs92, getmegreatskin.com. "This combines glycolic acid with moisturising, hydrating delivery systems to slough off dead skin to keep my complexion bright and smooth."
- > **Retinol serum:** RoC Retinol Correxion Deep Wrinkle Serum (3), Dhs73, at drugstores. "Retinol stimulates collagen production to keep skin smooth and lightens dark spots. I like this one by RoC because it is gentle yet provides all the benefits of stronger retinols. I apply it to my face, neck, and chest. And I

waves deep into the layers of the skin and heats everything, causing both an immediate contraction and the growth of new collagen to gradually firm the skin. It's a significant improvement in one procedure, but it looks natural and continues to get better over the next six months. A topical numbing cream is applied to minimise discomfort." Cost:

Dhs4,500 to Dhs11,000, based on treatment area.
> **Restylane:** "Under the eyes, I love Restylane—a hyaluronic acid-based filler—for filling in the hollows that develop as we age because of volume loss. I do it once a year." Cost: Dhs1,500 to Dhs3,000 per syringe (you'll need one or two).

Can't wait for...

> **Spanx for the skin:** "In the next year, we'll see

over-the-counter under-eye gels that really tighten and maintain that look until you wash your face at night. These will be much more advanced than any lifting or de-puffing products out now—they can make the lower lid look as if you had an 'eye job.' But the effects are temporary—just like how Spanx don't actually make you thinner or get rid of cellulite."





gently dab it under my eyes instead of adding the extra step of eye cream."

In-office treatments she swears by:

> **Botox:** "I do it every three months; it's the best for smoothing lines and wrinkles." Cost: Dhs1,500 to Dhs3,000 per session.

> **Sculptra:** "As someone who loves to work out, I'll likely see volume loss in my face sooner than if I were a couch potato. It's a common thing: If you're a regular gym-goer with a low BMI and great muscle tone, the fat pads in your face start to disappear and you lose those youthful contours. Sculptra is a great filler for adding back that volume, which also

helps stretch out fine lines and wrinkles from underneath. It encourages your skin to produce more of its own collagen, so the results are natural and gradual—and last up to two to three years." Cost: Dhs2,600 to Dhs5,500 per session.

Can't wait for...

> **Topical probiotics:** "We know that live, active yoghurt cultures can improve gut health by introducing good bacteria that decrease inflammation. I've seen research about a new topical probiotic-derived ingredient called Bonicel that has been found to improve skin elasticity, while reducing fine lines."



**Valerie
Callender,
M.D., 52**

Callender practices dermatology in the metropolitan Washington, D.C., area and is an associate professor of dermatology at Howard University.



Jessica Wu, M.D., 45

The author of *Feed Your Face*, Wu is an assistant clinical professor of dermatology at the University of Southern California.

What's ageing her:

Dark spots. "A few years ago I started to notice brown spots on my cheeks. I grew up near the beach in Southern California and I never wore sunscreen as a teen, so I'm sure that's where the spots came from. We know the sun's UV rays stimulate skin to make more pigment. Plus, research has shown that Asian women typically develop brown spots and melasma before we get wrinkles. Heredity and hormones can also contribute, which is why women tend to have more discolouration than men do."

Must-have products:

> Lightening serum: La Roche-Posay Mela-D Pigment Control (1), Dhs195 laroche-posay.us. "I apply a drop or two on my cheeks only, since that's where my sunspots are. It contains kojic acid to reduce excess pigment production, and lipohydroxy acid to exfoliate and slough off any darkness close to the skin's surface."
> Rx-strength fading cream (2): "Three nights a week, I apply a thin layer of prescription-strength hydroquinone and tretinoin cream to my cheeks. It helps fade any discolouration and dark spots, but can be irritating, so I don't use it every day."

In-office treatments she swears by:

> TCA chemical peel: "It's very popular for treating melasma and sun damage, especially for my patients with darker skin tones. Trichloroacetic acid works by



What's ageing her:

Pigmentation changes. "In dark skin, melanin is great because it functions as a natural sunscreen. Black skin can provide an SPF of 13, which decreases skin-cancer risk. But melanocytes—the cells that produce the pigment in our skin—are very sensitive. Any trauma to the skin (like acne or tweezing) can result in too much or not enough pigment being produced. So I end up with areas that are too dark or too light. Plus, I have rosacea, which makes my skin sensitive."

Must-have products:

> Redness soothers: Prescription Metrogel and Aveeno Ultra-Calming Daily Moisturizer SPF 15 (1), from Dhs62. "I use Metrogel on my cheeks to minimise rosacea flare-ups. The Aveeno moisturiser contains feverfew to decrease redness and soothe

irritated or sensitive skin, plus SPF to protect skin from the sun, which can cause rosacea flare-ups."

> Brightening serum:

Obagi Professional-C Serum 20% (2), Dhs378, obagi.com for info.

"I apply three or four drops to my entire face. The Obagi serum brightens skin to even out the overall tone."

> Exfoliating hand

moisturizer: Glytone Retexturize Body Lotion SPF 15 (3), Dhs180, dermstore.com. "Our hands get just as much sun exposure as our face and neck do. As a result, hands often look more wrinkled, dehydrated, and discoloured. This contains glycolic acid to gently exfoliate, and it protects against future spots with SPF."

In-office treatments she swears by:

> Microdermabrasion:

"I get this every other

month, as long as my rosacea is under control—if not, it's too irritating. The exfoliation is superficial, so it removes excess pigment from the top layer of the skin." Cost: Dhs550.

> Electrodesiccation:

"People of colour often get hereditary benign 'moles' called dermatosis papulosa nigra on our faces and necks as we get older. This treatment uses an electrical current to burn the moles, which then gradually fall off in a week." Cost: Dhs735.

Can't wait for...

New over-the-counter treatments for hyperpigmentation:

"Researchers have tested a product that's a combination of ellagic acid, which lightens skin, and salicylic acid, which softens the skin. It should even out skin tone and fade dark spots."



removing the top layers of damaged skin. There's about a week of downtime, but you should need only one if you have moderate discolouration." Cost: Dhs3,150.

> Diode laser treatments: "I use these to zap tiny broken red capillaries. They are on my cheeks and were caused by sun damage and possibly from squeezing cystic acne as a teen. They're gone in one procedure, but I'll have to maintain the treatments every six months or so as I develop new ones. The diode collapses the veins, and you just have small scabs for a week." Cost: Dhs1,500.

Can't wait for...

> Infrared ray-blocking ingredients in sunscreens: "Sunlight contains not only ultraviolet light but also infrared [IR] and visible light. IR rays are converted into heat and cause inflammation as well as the formation of new blood vessels, so there's research linking them to discolouration and melasma. This may be why some people who are diligent with sunscreen still notice new spots. Right now, IR-protecting compounds are being investigated for inclusion in sunscreens in the near future."



Flor Mayoral, M.D., 57

Mayoral has a dermatology practice in Miami and serves as an associate clinical professor in the department of dermatology at the University of Miami Miller School of Medicine.

What's ageing her:

Eye issues, including wrinkling, sagging, and sensitivity. "The skin around the eyes and on the eyelids is the thinnest exposed skin on the body, so it reacts to everything. My fine, thin skin has become even thinner with age. As we produce less connective tissue, or collagen fibres, smiling and moving the area around the eyes make the wrinkles more noticeable over time."

Must-have products:

> Elastin-revving p.m. eye cream: Precision MD Relastin Eye Silk (1), Dhs253, precisionmd.com for info. "I don't use this in the morning because it contains silicone and

has a tendency to bead up under makeup, but it's great at night. It softens the look of lines while boosting elastin production, so the skin is less crepey."

> Lash and brow enhancer: Prescription Latisse (2). "I brush this [currently approved only for lashes] onto my upper lash line and eyebrows three nights a week [after completing nightly treatments for four months] for longer lashes and thicker brows."

In-office treatments she swears by:

> eMatrix: "It's like radiofrequency [RF] on steroids. Your skin looks airbrushed! With RF, the energy applied to the skin's surface heats the water molecules in the skin, damaging some of the collagen fibres. The damaged fibres are replaced with new ones, which are tighter. The result is fewer wrinkles and smoother, firmer skin." Cost: Dhs1,850 per treatment (done monthly in a series of three to five).

> Belotero: "It's a hyaluronic acid-based filler that fills fine lines close to the skin's

surface. I've used it around my eyes and on the lines around my mouth. It lasts five to six months." Cost: Dhs2,200 per treatment.

Can't wait for...

Voluma: "It's a thicker hyaluronic acid-based filler that may last two-plus years. It should lift areas of the face that are sagging, like cheeks." □



WH Online

Have a must-try skin secret of your own? Share it on Facebook and tag us at @WomensHealthME

Treasure Your Smile

Dental cosmetics may not be something we typically associate with our beauty regime, but that's about to change thanks to REGENERATE Enamel Science™

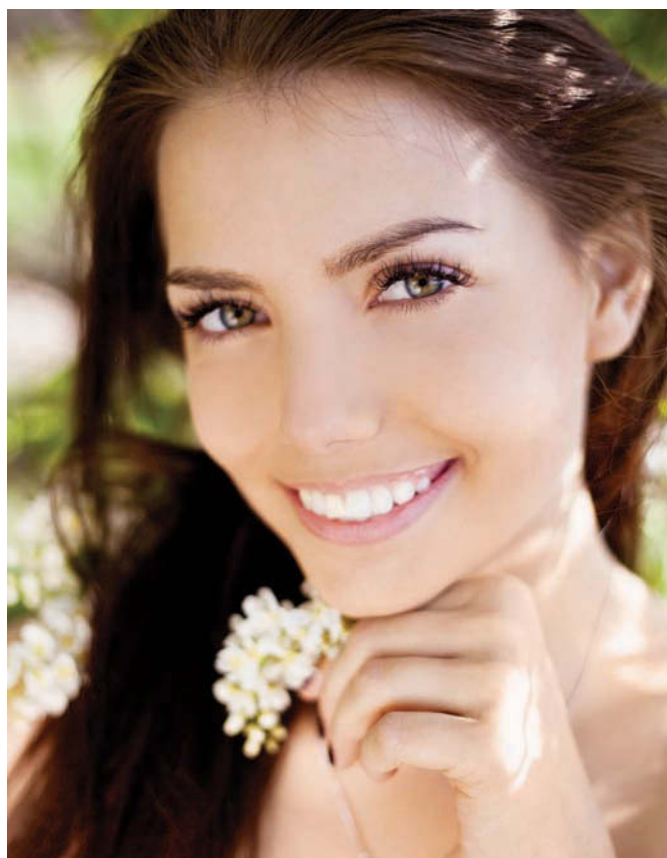
► **NO MATTER WHAT OUR AGE,** fitness level or style, there's one accessory that can instantly brighten up our look: A radiant smile. Alas, teeth problems such as cavities and yellowing—caused by acid attacks and enamel erosion—are common and happen to us all, caused by everyday actions such as consuming carbonated drinks, fruit and vegetables, juices and other beverages. The problem is that when enamel—the outermost protective layer of our teeth—is lost, our body cannot regenerate it.

REGENERATE Enamel Science™ is the world's first system able to reverse the early, invisible stages of this erosion process¹ and regenerate enamel with exactly the same mineral tooth enamel is made of—82% is regenerated after just three days of use²—making it the new beauty investment for women who treasure their smile. Unilever R&D expert Fred Schafer, who developed REGENERATE Enamel Science™, says: "This journey started almost a decade ago, when we asked ourselves: The human body can rebuild bone, so what about tooth enamel? Through an innovative mechanism of action, REGENERATE Enamel Science™ provides, for the first time ever, the answer to this challenge. Its unique and superior mechanism of action provides dental care professionals with a solution to offer people troubled by enamel

erosion." The system consists of an Advanced Toothpaste for daily brushing and a Boosting Serum (with two custom-fit mouth trays) for monthly boosts. Beauty benefits of the toothpaste include protecting and strengthening against cavities, making teeth three times stronger³, restoring teeth to their original whiteness, and a fresh mint sensation. When used in combination with the daily toothpaste, the serum boosts the effectiveness by +43%⁴, maximising the power of enamel regeneration. With NR-5™ technology and the fluoride in its formulation, the Boosting Serum helps provide focused protection for your teeth against the effects of enamel erosion and acid attacks.

REGENERATE Enamel Science™ has been developed in collaboration with dental experts from International Oral Health Research Centres, and the underlying science was published in the Journal of Dentistry. The secret behind the regenerative action of REGENERATE Enamel Science™ is the unique, patented NR-5™ technology. Inspired by the scientific findings in bone repair, it took scientists over nine years of international research across Port Sunlight, Milan and Shanghai to harness this NR-5™ technology in an advanced oral care product system.

Thanks to the combined action of NR-5™ ingredients Calcium



Silicate and Sodium Phosphate, the NR-5™ technology—developed in collaboration with dentists and experts from International Oral Care Centres from the UK to the US and China—helps to form a fresh supply of minerals which wrap and integrate onto teeth, regenerating enamel with regular use. While others help to protect from enamel erosion, clinically-proven REGENERATE Enamel Science™ is the first system able to reverse the erosion process and regenerate enamel, with exactly the same mineral from which tooth enamel is made. Studies

have shown that the enamel regenerates even at a microscopic level on the tooth level just three days after combined use of the Advanced Toothpaste and Boosting Serum, meaning it not only gives you results, but you'll get them fast as well. Keeping your teeth clean, healthy and age-proof? That's worth a smile to us!

Regenerate Enamel Science™ can be found at select pharmacies of Boots, Life, Med7, Marina and Bin Sina, with the Advanced Toothpaste priced at Dhs60 and the Boosting Serum priced at Dhs190.



¹/Helps to regenerate enamel by restoring its mineral content with regular use. Acts on early invisible stages of erosion. ²/Based on an in-vitro test measuring enamel hardness after 3 days combined use of toothpaste and serum. ³/In-vitro test measuring enamel hardness versus standard fluoride toothpaste. ⁴/Based on a 3 day in-vitro test measuring enamel hardness with combined use of Advanced Toothpaste and Boosting Serum vs. Advanced Toothpaste only.

Shortcuts to Gorgeous

Twitter may be the ultimate resource for breaking news, but it's also an amazing hub for beauty tips. We favourited these pros' tweets.



MANI MONDAY: NAIL CARE—MANY ADULTS SUFFER FROM BRITTLE NAILS, WHICH CAN BE REMEDIED WITH B VITAMINS.

—manicurist Angel Williams, [@AngelNailsIt](#)

*#Beauty
#Tip:
Use a
foundation w/
reflecting
ingredients
to minimise the
appearance of
large
pores by
diffusing
light.*

—dermatologist
Fredric
Brandt,
[@drfredricbrandt](#)

**Need a fast,
new beauty
look for the
weekend?
Get semiglossy
lids by swiping
peachy-nude
lipstick on
your eyelids.
DIY!**

#BeautySchool

—makeup artist
Jillian Dempsey,
[@jilliandempsey](#)

**Silk accessories
like sleeping caps,
shower caps, and
silk rollers help the
hair maintain
moisture and
prevent breakage!
#hairtip**

—hairstylist Kim Kimble,
[@KimbleHairCare](#)

**Use a hair oil as a
pre-shampoo treatment:
apply from roots to ends
of dry hair for 20 minutes,
then shampoo out.**

—hairstylist Mark Townsend,
[@marktownsend1](#)

BE SURE TO COVER YOUR HAIRLINE AND JAWLINE WITH SUNSCREEN EVERY DAY. THESE ARE VULNERABLE SPOTS FOR SKIN CANCER AND WRINKLES. #OZTIP —Mehmet Oz, M.D., [@DrOz](#)

Brows express emotions. Removing too much on the bottom to raise your arch can create a surprised look.

—eyebrow expert Anastasia Soare, [@anastasiasoare](#)

New study shows virgin coconut oil's better than mineral oil at improving eczema & dry skin. @rmsbeauty Raw Coconut Cream's a great option.

—dermatologist Noëlle Sherber, M.D., [@DrNoelleSherber](#)



IF YOUR HAIRSTYLE NEEDS BOBBY PINS, MAKE SURE THE BUMPY SIDE TOUCHES THE SCALP. THE FRICTION KEEPS THE PIN FROM FALLING OUT.

—hairstylist Sally Hersherberger, [@SHersherberger](#)



When you're about to use a hair product, apply to the BACK first. The front only needs half the amount. @SuaveBeauty

—hairstylist Marcus Francis, [@MarcusRFrancis](#)



LOVE THIS FUN ZIGZAG LOOK. CUT A @QTIPS COTTON SWAB IN HALF & USE END TO WEAVE A WET TOP COAT. LIKE?

—manicurist Kim Kyees, [@kimmiekyees](#)

Pointy nails are definitely trending—match your shape with length. The longer the nail, the more almond the shape.

—manicurist Tom Bachik, [@TomBachik](#)

I like to apply my primer, foundation, and concealer in that order! It really does matter.

—makeup artist Elan Bongiorno, [@MakeupByElan](#)

Volumising spray is the curly girl's hair spray. To remove that halo of frizz and give hold, spray on dry hair and gently caress your curls.

—hairstylist and colourist Eva Scrivo, [@EvaScrivo](#)



THERE'S STILL HALF A BULLET'S WORTH OF LIPSTICK IN THE TUBE AFTER IT'S WORN FLAT. USE A LIP BRUSH TO SCOOP UP ALL THE BEAUTIFUL COLOUR.

—makeup artist Andrew Sotomayor, [@AndrewSotomayor](#)

Set the foundation for style! Use spray gel on wet hair and then wring it out to evenly distribute the product. #protip

—hairstylist Charles Baker Strahan, [@CharlesBStrahan](#)

Snap Judgment

A beauty picture is worth *more* than a thousand words. Three must-follows on Instagram:

Colorist Tracey Cunningham
[@traceycunningham1](#)

Itching to go blonde or revisit ombré? Cunningham's celeb inspiration typically channels both, and she's not stingy with hair-colour advice in her captions.

Makeup artist Kayleen McAdams
[@kayleenmcadams](#)

Her feed reveals a penchant for bright lipstick and sweet treats and is peppered with snapshots of celeb clients like Sofia Vergara.

Manicurist Jin Soon Choi
[@jinsoonchoi](#)

A visionary who creates intricate designs (one was inspired by a Monet painting), she also posts pics of classic, wearable hues like glossy burgundy. Something (gorgeous) for everyone.

Minor changes have been made for readability.

This #DIY mask is my all-time fave. The Oat Bran Mask: 1 Tbsp oat bran, 1 Tbsp yoghurt, 1 Tbsp honey, 1 tsp olive oil. Mix and apply!

—dermatologist Ava Shamban, [@DrAvaMD](#)



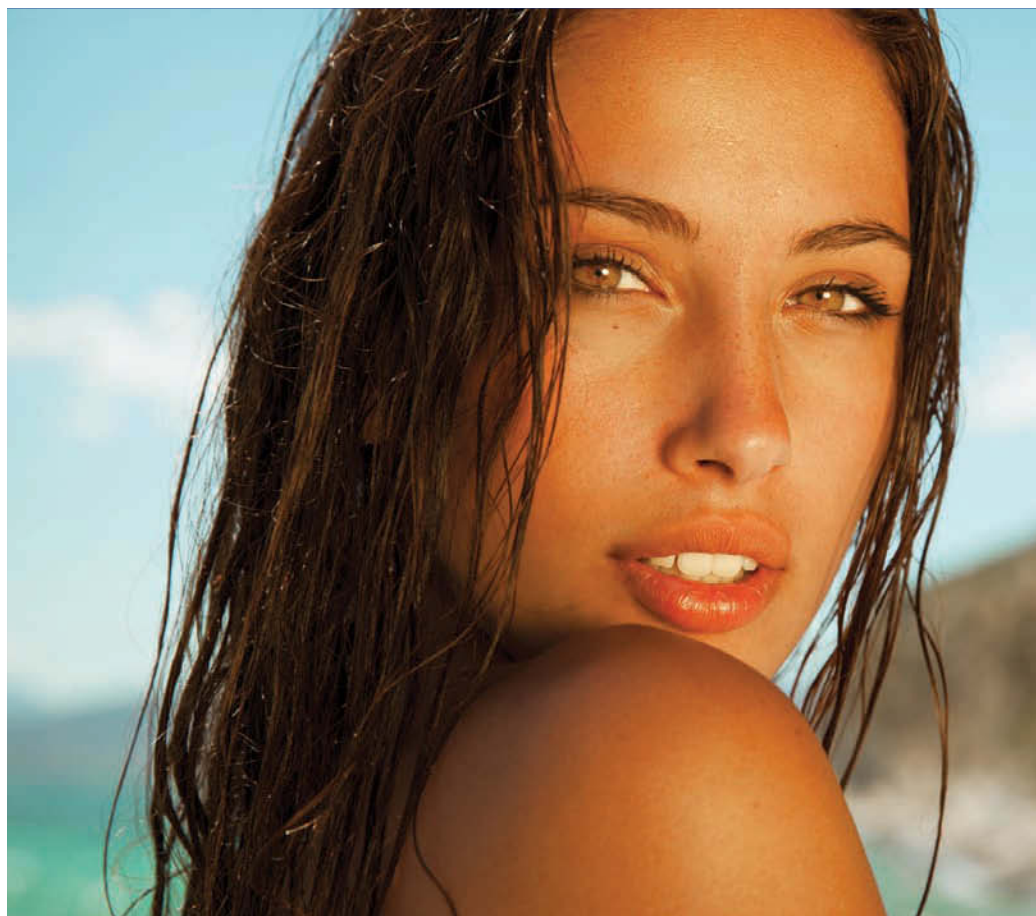
Girls—dust off that black polish... So hot for spring. Especially with a twist, like silver line across nail.

—manicurist Beth Fricke, [@BeyondBeth](#)

Duckbill clips placed horizontally in hair to make dents + blow-dryer + texture spray = major texture! #CLEARHairTrendReport @clearhair

—hairstylist Jen Atkin, [@jenatkinhair](#)

It's In The Eyes



The Treatment:

The Kaya Dark Circle Reduction Therapy at kayaskinclinic.me

What It Promises:

A non-surgical treatment that combats dark under-eye circles using carboxytherapy, from Dhs450 for one session.

Our Experience:

With my extremely high-stress lifestyle, tendency to not get enough sleep, and my genetic predisposition to having dark circles, I was an ideal candidate for this treatment. As I prefer not to undertake any invasive beauty treatments, to find a non-surgical option that would help combat the key factor I felt was making me look older than my years was exciting. Yet as I

typically shy away from needles touching my face, I was still a bit nervous. Thankfully, Kaya's doctors have such a strong bedside manner (and a wealth of knowledge), all of my concerns were fully addressed before we began. After the consultation, my face was analysed using a high-tech facial scanner. We then started: The treatment sees Kaya's experts—they're dermatologists, so you're in good hands—use a very thin needle to infuse small amounts of carbon dioxide under the skin with two pricks on each side: one above the eye and one underneath it. While it did hurt a little, the pain was minor and each injection only lasted a minute or so. My eyes felt heavy just after (and slightly so for the rest of the evening), like the

puffy sensation after you've been crying, but otherwise I was free to go about as normal. Touching my eyes didn't hurt, although the bubbly sensation for the hours after was quite unusual. I'd been warned the next day I might wake up with some swelling, and I did—I won't lie, the Quasimodo-like visual was unpleasant, but it dissipated soon enough and by 24 hours after the treatment I was not only back to normal, my under-eye skin was visibly brighter, more plumped, and even my wrinkles smoother.

The Verdict:

A great option for those with persistent dark circle problems who don't want surgery: Instant results for radiance, or 6-8 sessions for longer-term effects.



The Treatment:

HD Brows at Sisters Beauty Lounge; sistersbeautylounge.com.

What It Promises:

A full eyebrow makeover; Dhs250.

Our Experience:

Having been cursed with fine eyebrows, I've always been jealous of girls with Cara-style caterpillars that can be sculpted into a strong shape. So I was excited to see if the many-step HD Brows treatment could get me any closer to my dream brows. We started with a consultation on shape and colour, finally settling on a gentle arch and the darkest natural black they had. Given that I'm dark-haired, I didn't think the tinting would make much difference but the dye seemed to plump up the density and darken the baby hairs that previously added little to the appearance of thickness. Then the therapist shaped my eyebrows using a combination of waxing, threading and plucking. Normally I'm strictly a threading advocate but the (almost painless) waxing helped to create strong, dramatic lines. The result was, without a doubt, the best shape and definition my brows have ever had.

The Verdict:

Whether you're fair-haired or struggling to find a face-framing shape, this'll create your best ever brows.

best

body



Secret Ingredients, Serious Results

Yes, great physiques owe their awesomeness to exercise *and* diet. But which foods and how much? Our no-BS blueprint breaks it all down.

By Cindy Kuzma

Another berry, fish, or nut is proclaimed a “superfood” about every other minute. (Insert eye roll here.) But truth be told, certain eats *do* deserve props in the fitness arena, says exercise physiologist and nutrition scientist Stacy Sims, Ph.D.—especially if you’re looking to clock a faster run time or, hey, drop a jeans size. In fact, if you’re not seeing any payoff, ID’ing a few missing ingredients and shaking up your plate (more fat here, fewer carbs there) could be just the thing to move the dial from “what gives?” to “aw, yeah!” Nothing nitpicky here, folks. Just easy-to-follow intel on what to eat and when. And it’s all pretty darn yum. When’s the last time you had chocolate milk? Exactly. Dig in!

MEET THE POWER FOODS

Stock up on these ingredients. Research proves they can make you stronger, rev your metabolism, burn serious fat—even ease soreness so you can do it all over again tomorrow.

GAIN ENERGY



▶ **OATMEAL:** Provides staying power so you won’t crash between the 10th and 11th laps.



▶ **RAISINS:** Grab a handful during long workouts for a natural energy boost.



▶ **BANANAS:** Just as effective as sports drinks at keeping your electrolytes balanced.

SOOTHE PAIN



▶ **GINGER:** Fights nausea and can reduce muscle pain by about 20 percent.



▶ **TART CHERRIES:** They neutralise free radicals so you can recover faster.



▶ **TURMERIC:** The spice that makes curry yellow acts like ibuprofen against joint pain.

BUILD MUSCLE



▶ **EGGS:** This rich source of the amino acid leucine jump-starts muscle repair.



▶ **WHEY PROTEIN:** Prime building material for tight abs and toned glutes.



▶ **SALMON OR TUNA:** Their protein urges your muscles to begin the strengthening process.

SPIKE METABOLISM



▶ **PISTACHIOS:** Curb post-workout hunger without packing on the pounds.



▶ **BEETS:** These bad boys help you push harder with less effort during your workouts.

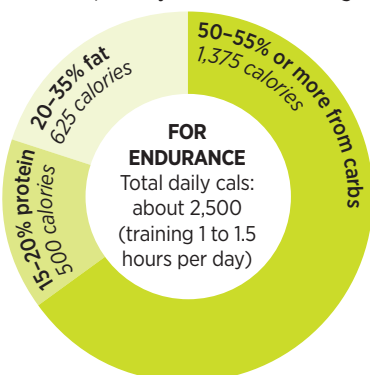


▶ **EDAMAME:** Soybeans are high in fat-torching protein and fibre.

THE PERFECT MIX

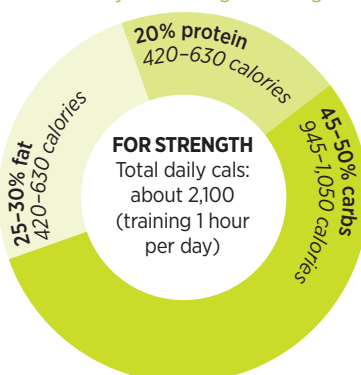
● CARBS ● PROTEIN ● FAT

Any good diet should include three things: carbohydrates (to fuel exercise), protein (to repair muscles), and fat (to keep you satiated). How you distribute those grams makes all the difference. *Calories below based on a 68-kilo, 5'4" woman, age 28.*



+ FYI: Research shows getting less than 20 percent of your diet from fat could increase your injury risk.

+ FYI: See the uptick in protein here? It's crucial when you're strength training.



+ FYI: Want to maintain your weight? If you get 30 minutes of moderate exercise a day, you need 1,700 calories to stay put.

RUNGER (a.k.a. “running hunger”): The all-consuming urge to stuff your face in the hours or day after a long run or other intense workout. Tame it with a snack that has at least 15 grams of protein. (Note: These aren’t bonus calories; they’re part of your total daily amount.)

WHAT'S EATING YOU?

Sometimes, even the most healthful foods don't play nice with your body during exercise. The result: a riot of cringe-worthy bodily functions. Ain't nobody got time for that.

VOMITING/ NAUSEA

Did you eat too close to your workout? Push yourself too hard? There you go. (If not, see Gas and Heartburn/Reflux.)

HEARTBURN/ REFLUX

Steer clear of trigger foods (like coffee, peppermint, and tomatoes or tomato products) and wear loose clothing if you're prone to problems (tight gear can aggravate the issue).

GAS

Your body's trying to break down high-fibre foods like bran, beans, and fruit—and all that bouncing, jumping, and running isn't helping. Sneaky offenders: foods with a type of fibre called inulin (you'll find it in wheat, onions, leeks, and asparagus).

DIARRHOEA

Bummer: Intense activity seems to move waste closer to the exit. Another theory: Hormones called prostaglandins may be released during exercise, contributing to the runs.

SNACK ON THIS!

What you eat post-workout impacts everything—from how you recover to how much weight you lose. Here, four key combos from sports nutritionist Wendy Bazilian, Dr.P.H., R.D.

1

- ▶ **Turkey sandwich** (3 oz turkey, 2 slices whole-wheat bread), ½ apple, ¾ cup mini pretzels
- + Who knew? Your brown-bag lunch contains just the right mix of protein and carbs.

2

- ▶ **21 walnut halves** (about a handful), ½ cup dried cherries, 6 oz Greek yoghurt
- + Like an energy bar (without the added sugar), plus yoghurt to add protein and boost calcium.

3

- ▶ **"Banana Dog":** Whole-wheat hot-dog bun, 2 Tbsp nut butter, 1 Tbsp honey, 1 peeled banana
- + This one's a real weiner (ha, ha)—but for real, no reason you can't have fun with your fuel.

4

- ▶ **Chocolate milk**
- + More than 20 studies support the muscle-building, hydrating, energy-restoring properties of this recovery beverage.

FIT MATH

Use this equation to find your RMR (the minimum calcs you need to maintain your weight before factoring in activity). Wanna lose lbs? Eat below it—or sweat more.

$$\text{RMR} = 655 + (4.35 \times \text{WEIGHT IN POUNDS}) + (4.7 \times \text{HEIGHT IN INCHES}) - (4.7 \times \text{AGE IN YEARS})$$

CAN'T-SKIP NUTRIENTS

Show us a woman with a well-rounded diet and we'll show you a nutritional gap. Sorry, we say that because we love you, and because women are susceptible to these deficiencies:



DEFICIENCY: B vitamins
CAN CAUSE: Dragging mid-workout

YOUR MOVE: Three daily servings of meat, fish, and eggs. (Vegetarians, take a B-complex supplement.)



DEFICIENCY: Calcium
CAN CAUSE: Risk for stress fractures

YOUR MOVE: Three servings of dairy (sardines and collard greens are also good sources).



DEFICIENCY: Iron
CAN CAUSE: A fuzzy brain and anemia
YOUR MOVE: Eat more red meats, dark leafy vegetables, and iron-fortified foods.



DEFICIENCY: Omega-3 fatty acids
CAN CAUSE: General fatigue, poor circulation
YOUR MOVE: Aim for fish twice a week, then add walnuts and flaxseed. ☐

Sources: Connie Diekman, R.D., C.S.S.D., director of university nutrition at Washington University in St. Louis; Marie Spano, R.D., sports nutritionist for the Atlanta Hawks

Take Yourself for a Ride

If your indoor-cycling addiction is getting too time-consuming—and pricey!—or there isn't a killer class in your 'hood, don't despair.

SoulCycle instructor **Stacey Griffith** explains how to make a solo ride just as awesome.

ADJUST YOUR SEAT.

Stand next to your bike and place your hand at the top of your hip bone. The height of your saddle (the seat) should match the height of your hip bone.

MIND THE GAP.

Place your elbow at the front of your saddle and point your forearm toward the handlebars. The proper distance between the two is your elbow to fingertip.

CHECK YOUR BARS.

Raise the handlebars to either the same height as the saddle or just slightly higher. If you are experiencing lower back pain, raise the handlebars a bit higher to alleviate any discomfort.

TAKE A FINAL LOOK.

Get on the bike and press your right foot down on the pedal—that knee should be bent about 25 to 35 degrees. If your hips are rocking side to side as you pedal, it means the saddle is too high.

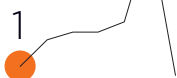
Set Up for Success

Skipping class doesn't just mean missing out on motivation: Group-cycling instructors also ensure your bike is properly set up. (Hopping on a bike that's not adjusted for your body can result in a tougher, more uncomfortable ride and can also lead to injuries.) Use these simple tips when you're on your own.



You may be able to sweat out a tough 45-minute group ride, but on your own that's likely less realistic. This workout will keep you committed and riding hard for about 20 to 30 minutes.

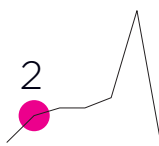
The first step is creating a playlist with seven songs. Think of this as your “trainer”—the songs, which are based on specific beat-per-minute (or BPM) ranges, will help push you through your workout and keep you focused on moving at the right pace and intensity. Once your playlist is ready (see examples here), ride along to this plan for the calorie-torching, mood-boosting benefits of a class ride.



**BPM
100-110**

Superstition
STEVIE WONDER
(about five minutes)

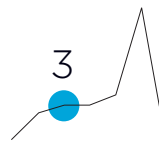
This is your warm-up. Keep the resistance low (around 20 percent of your total power output, or a two out of 10 effort level) and stay seated: You're enjoying yourself without pushing. Muscles start to unlock, shoulders are relaxed, and hands are light on the handlebars wherever they're comfortable.



**BPM
100-110**

Stronger
KANYE WEST
(at least three minutes)

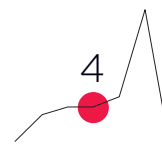
Turn the resistance up a little (to about five out of 10) and stand up out of the seat. Your hands should be on top of the handlebars (rather than holding the sides) without leaning too much on them. If you're tall, you may feel more comfortable reaching out to the end of the bars, which is perfectly fine. Keep your chin up and chest proud, and focus on your abs—think light and tight as you ride, engaging your core the entire time. Get deep into the music here: It's important to use the song to keep your pedal stroke on beat with the music.



**BPM
around 115**

Get Lucky
DAFT PUNK
(at least three minutes)

Leave the resistance where it is and take a seat. Your pace and intensity will increase (to about 60 percent), and your cadence (the rate at which you pedal your feet around) should stay with the beat of the song. Keep your hips back in the seat, knees pointing forward, abs tight, shoulders relaxed, and feet flat. The real art of the ride here is that your foot speed stays with the song.



**BPM
around 115**

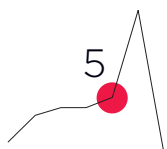
Lose Yourself to Dance (Remix)
DAFT PUNK FEAT. PHARRELL
(at least four minutes)

Everything stays the same—don't touch the resistance or get out of your seat—but you'll be interjecting fast-paced sprints (up to 80 or 90 percent of your total power) throughout the song. Ride at a steady pace for at least a minute, and then speed up for 30 to 60 seconds. You can also take a less technical, but just as effective, approach: Let the music tell you when to sprint. Sometimes this will be during the main chorus when the beat picks up, or it could be a particular verse that always really inspires you. Either way, you're looking to get in roughly eight to 10 sprints during this song.



MIRROR, MIRROR

If possible, face your bike toward a mirror so you can watch yourself; if not, stay focused by closing your eyes from time to time during your ride.



BPM around 120

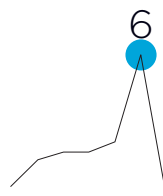
Take California PROPELLER HEADS

(at least five minutes)

It's time to tackle a hill, and there are two ways you can do this climb: Crank up the resistance (to about 70 to 80 percent of your total power output) and stand up out of your seat; or stay seated and only turn up the resistance slightly (to 65 to 70). Whichever you choose, it should be the most challenging resistance level of your entire workout. (If you have knee problems, be sure to listen to your body during the workout. Climbing seated is more challenging on the meniscus and IT band.) Be sure to keep your hips back and your feet flat as the balls of your feet push the resistance forward. If you want to mix it up, you can come out of your seat for a count of 16, then sit back down for 16, and continue alternating.

FIND YOUR JAM

As a senior master instructor for SoulCycle in New York City, Stacey Griffith says her job feels equal parts group fitness instructor and club DJ. She's included some of her favourite songs throughout this workout, but you can make your own mix by looking up the BPM of any tune at songbpm.com.

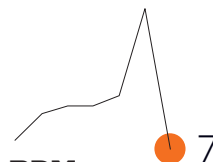


BPM 140-160

Flashdance (Remix)

DAVID GUETTA
(at least five minutes)

Choose your personal Rocky-like theme song here—the song that truly gets you going—because this is where you push yourself to the limit. Turn down the resistance slightly (to where it was before the hill) and stay seated as you ride as hard as you can. It's super-important to watch your form when you're pushing this hard: Keep your abs tight, your knees in (not bowed out like you're riding a horse), and your shoulders relaxed. If you find yourself slowing at all, take 30 seconds at a slower pace, then crank it back up—don't give up until the end of the song!



BPM 95-100

A Thousand Years

CHRISTINA PERRI
(at least four minutes)

You made it! This is your cooldown—your time to get calm, realign your body, and give yourself gratitude for making it through a tough workout. Close your eyes, listen to the song (it should be one that puts you into a great head space), and ride at a comfortable pace to bring your heart rate back down. At the end, spend five minutes stretching your quads, hamstrings, and glutes to help reduce post-ride soreness. ■





PUT A SPIN ON IT

Itching to get out and get your bike on? Whether you're in the mood to do it solo or with a friend, want to hit the road or an indoor studio, or are just in need of some great gear (or a place to hang with like-minded folk), we've got you covered.

The Cycle Hub

Not only is this store an excellent place to pick up any new cycling gear you need—conveniently located very close to Dubai Autodrome and many a track—their in-house restaurant, The Cycle Bistro, is also a great place to replenish your energy levels after a ride thanks to their delicious and healthy paleo, gluten-free and dairy-free menu. Call 04 425 6555.

Liv Cycling Store

The Middle East's first all-female cycling store, this hot new store at Dubai's funky Box Park is more than just a great place to pick up new equipment—it's also an awesome spot in which to meet other women

into the sport (hello, new cycling buddies!) not to mention pick up some great tips and techniques from experts and instructors. Visit facebook.com/LivCyclingME to stay up-to-date on the women-only community rides, workshops and coaching sessions that they'll be starting to host very soon.

Wolfi's Bike Shop

This much-beloved store has had roots in Dubai for years—it's been around since 2002, and its German counterpart opened in 1987—and is one of the go-to resources for cycling enthusiasts in the UAE. Visit their website at wbs.ae for details.

Flywheel Dubai

This indoor cycling studio hails all the way from New York City, where it boasts an almost cult-like status—and its Dubai outposts are no different, with the first location in Downtown Dubai at Burj Views and their second, recently-opened one at Gold & Diamond Park. Here, it's called "flying" and for good reason: the competitive spirit set alight by the leaderboards, not to mention almost club-like atmosphere will have you pedalling your heart out until you slide off, sweating but smiling, and most likely tempted to

hit up the nearby Clinton St. Baking Company for a post-workout meal (we suggest opting for one of their new healthy dishes to make sure you don't undo all of your hard work, though). With 40-60 minutes of class that also involves the use of weights, seriously inspiring instructors and flattering lighting, we can see why it's so easy to get hooked. Visit dubai.flywheelsports.com for more details and pricing.

RPM Classes

Whether it's a Les Mills class or another type of RPM class that you're keen on, there are plenty of places to get your spin on. In Dubai, find classes at Talise Fitness, Dubai Ladies Club and TribeFit, while gyms such as Golds Gym and Fitness First offer classes in a majority of their locations across the region, from Abu Dhabi to Ras Al Khaimah. Residents of the capital can also try The Pavillion at Abu Dhabi Golf Club and The Cycling Room® at Zayed Sport City.

Aqua Spinning

Love to spin but have trouble with your joints? Why not try out aqua-spinning instead? Being submerged in water while you cycle not only makes it easier on the ol'

joints, but it also means you can work twice as hard without even breaking a sweat over it, meaning you'll blast calories super fast. Visit latelieraquafitness.com for details.

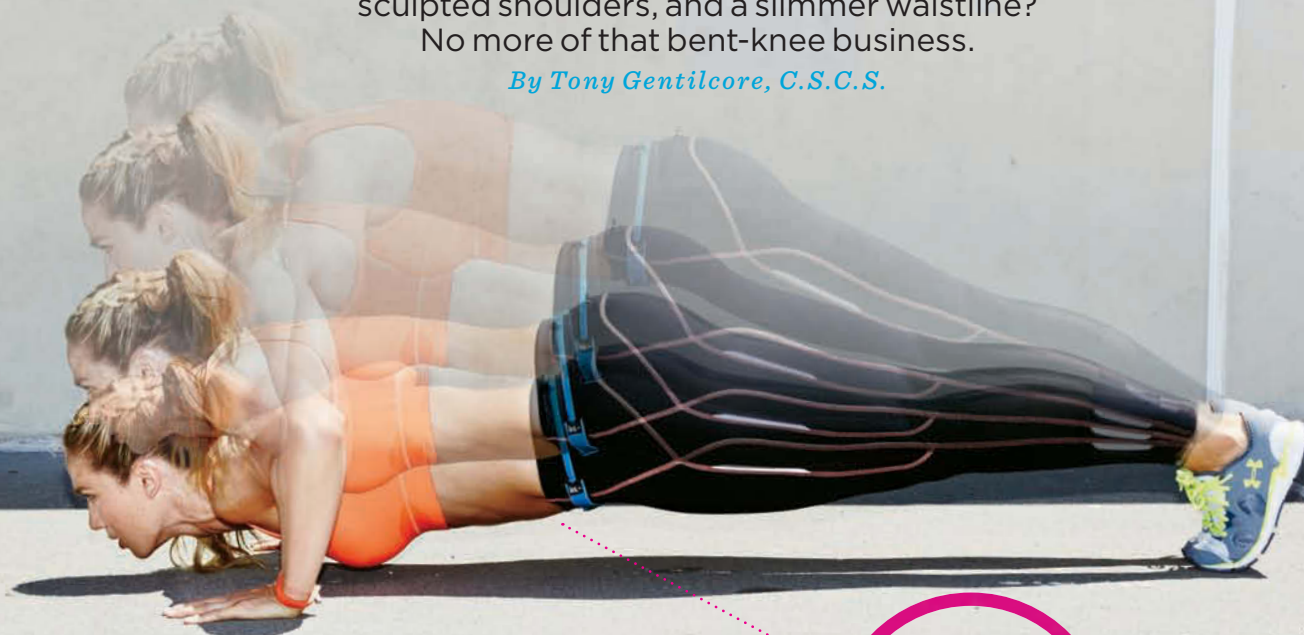
Hit The Track

It's now easy to rent bikes from Downtown's Burj Park to Dubai Marina, but if you're looking for a track to take your bike to, there are now plenty of options to hit up. In Dubai, check out the track from Arabian Ranches to Bab Al Shams, Dubai Autodrome, Meydan Cycle Park, Jumeirah Open Beach, Al Qudra Road, Barsha Pond Park, Nad Al Sheba Cycle Path and Mushrif Park, while in Abu Dhabi, Yas Marina Circuit, Al Wathba Cycle Track and the Corniche track are all great options. In Qatar, try Aspire Park's 5km track, while Muscat Track Cycling Club is a great resource for Oman residents. Headed to Dibia for the weekend? Companies such as Absolute Adventure (adventure.ae) offer a variety of mountain biking trails, as well as lessons for those who are looking to learn or improve. Just remember—always wear a helmet and easily-visible clothing (especially at night) and if you're near a road, be wary of traffic.

Yes, You Can Do a Real Pushup

The fastest way to sleek arms, sculpted shoulders, and a slimmer waistline? No more of that bent-knee business.

By Tony Gentilcore, C.S.C.S.



65

APPROXIMATE PERCENTAGE OF YOUR BODY WEIGHT YOU LIFT DOING A MODIFIED PUSHUP

As a personal trainer, I can attest to the fact that the classic pushup is one of the most underrated exercises in existence. Not only would I place the pushup over any single arm exercise out there for sculpting sexy shoulders and toned triceps, but it's also a killer total-body move. Problem is, most women aren't getting the full pushup payoff for one simple reason: They're resting their knees on the ground.

I've always felt the modified pushup carried a negative connotation, encouraging a mentality I'd prefer to avoid altogether: "Oh, sorry, you can't do a regular pushup? Let's treat you like a delicate flower, then." No! In fact, I nixed this notion more than a decade ago when I first became a personal trainer.

The last thing I wanted to do was to make any of my female clients feel inferior. Not to mention, I knew there was a better way to help women build their strength.

A lot of people think the reason many women struggle with a standard pushup is because they lack chest and triceps strength. But often, women lack the core control to get into—and then sustain—a strict plank position through the entire range of movement of a pushup. Bent-knee pushups of course target your

chest and triceps, but they don't address the issue of poor core control, so they're not getting you much closer to doing the full-on thing—no matter how many reps you rack up.

If you agree that modified pushups are played out and it's time to get rid of them, then take our challenge: This specialised two-step program will help you build the strength and confidence to bang out perfect reps of the real deal. Who's with us?

Woman up!

Flip the page to find your simple two-step plan. Alternate between the two moves, doing them a total of three times each week. (So week one you'll do 1, then 2, then 1; week two you'll do 2, then 1, then 2, and so on.) Add this to the start of your scheduled workout. Putting it first helps make it a priority—plus, it helps ensure strong, quality reps.

HAIR: JEANIE SYFU FOR TRESEMME/ARTIST AND AGENCY; MAKEUP: NATALIE MILLER FOR MAKE UP FOREVER/MB REPS; MANICURE: YUKI MAKISHI/RONA REPRESENTS; OLD NAVY BRA; ZUJI PANTS; UNDER ARMOUR SHOES; SPIBELT BELT; JAWBONE TRACKER

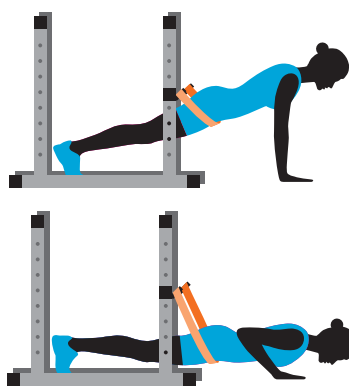
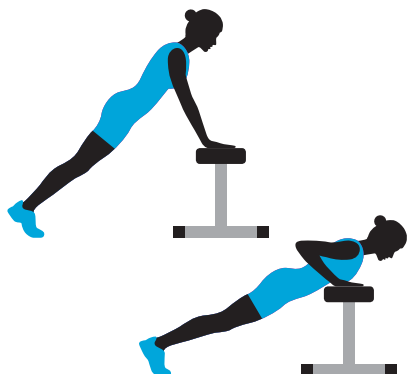


STEP 1: **Elevated Pushup**

10-12 REPS • 2 OR 3 SETS

If you're not strong enough to do a full pushup yet, placing your hands on a bench, step, or elevated bar reduces the body weight you have to lift. The higher your hands are from the floor, the easier the exercise.

DO IT Start in a standard pushup position, hands under your shoulders, chin tucked, and eyes looking down. Your body should form a straight line from head to heels. Bracing your core and squeezing your glutes, slowly lower your body to the bench or bar, keeping your back straight and elbows at a 45-degree angle from your torso. Explode back up to the starting position. That's one rep.



STEP 2: **Band-Assisted Pushup**

5-8 REPS • 3 OR 4 SETS

The band "supports" you at your weakest spot (in this case, the bottom of the move) so your form stays solid through the entire range of motion. The support lessens as you return to start, so you utilize more of your own strength.

DO IT Attach a resistance band to both ends of a power rack and get in a pushup position with the band across your hips. (The higher the band on the power rack, the more support you'll get.) Bend your elbows to lower yourself, keeping your elbows at a 45-degree angle from your body, until your chest touches the floor. Explode back up to start. That's one rep.

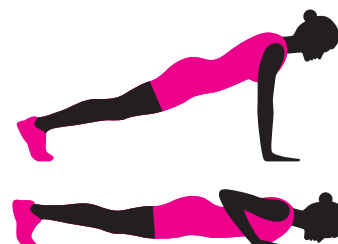


Don't have access to a gym or power rack? Swap the band-assisted pushup for the same number of sets and reps of this move instead.

Eccentric Pushup

People are generally stronger in the lowering portion (or eccentric phase) of any exercise. By lowering your body as slowly and with as much control as possible, you generally force your muscles to work much harder, which will translate to better overall strength.

DO IT Start in a pushup position. Lower yourself as slowly as possible, keeping your body in a straight line, until your chest touches the floor. Return to start without letting your lower back hyperextend. That's one rep. ■



Set Afloat



The Place

Floatation Therapy at Point Zero Floatation Center, pointzerofloatation.com

What It Promises

A saltwater floatation session carried out in either a cabin or a pod, to help boost circulation, muscle recovery, insomnia, stress relief and weight loss; from Dhs200 for 30 minutes.

Our Experience

I was a little sceptical about the concept of floatation therapy before I actually tried it. Plus, as I'm slightly claustrophobic, the idea of being in an enclosed pod—and in the dark, no less—made me uncomfortable. Yet one session at Point Zero was all it took to convert me. First, the incredibly friendly and

helpful staff let me know there was the option of a cabin, a private pool in its own room, rather than a pod, if I wished—while they often recommend this for first-timers, return clients usually wind up opting for a pod down the line. The centre is so much like a spa that I relaxed the second I went in, with plenty of facilities in each room and luxurious settings. I took a shower before stepping into the pool nude, which had been warmed to an ideal body temperature. I'd been warned to truly let go, lest I build up tension in my head and neck from trying to keep them up, and the sensation of entirely releasing while feeling my full body weight scooped up by the water, weightless, was like nothing I'd ever felt before. The

ambient lights and music could be adjusted to my liking, and during the hour that I floated, I actually managed to fall asleep twice, only waking to gently splash my eyes with the fresh water spray provided. I almost felt as though I were floating in an alien's womb, I was so deeply ensconced in my watery cocoon—and despite being amidst one of the most stressful weeks of my life, floating in the cabin in total privacy left me intensely relaxed, both mentally and physically. By the time I got out, my mind and my body felt renewed beyond compare.

The Verdict

Whether you're stressed out or physically worn, this will leave your mind and body entirely rejuvenated. We'll be back!

The Place

Saltwater floatation pool at Talise Spa, Emirates Towers; jumeirah.com.

What It Promises

The rejuvenating effects of eight hours' sleep in mere minutes (from Dhs200).

Our Experience

The spa benefits of saltwater floatation are well known: It soothes and softens skin, boosts blood circulation and lowers stress. So why are you reading about it in Fitness Spy? Well, after an intense week of pumping heavy iron, I wanted to see if there were any fitness benefits to floatation, which has also been used for rehabilitation by Olympic athletes, partly because of the impact of the salt's magnesium on muscle regeneration. I undressed, slipped in to the beautiful private pool and, thanks to the 300 kg of Epsom salts dissolved in the body temperature-water, floated effortlessly. The effect of being in a darkened room, hearing nothing but the blood in my ears under water and feeling completely weightless was disconcerting at first, and then delicious. Afterwards my muscles felt as if I'd done an hour's stretching session, and the DOMS in my legs had vanished.

The Verdict

As soothing on sore muscles as a physio session, and a lot more restorative for the mind.

"I finally feel in control of my life"

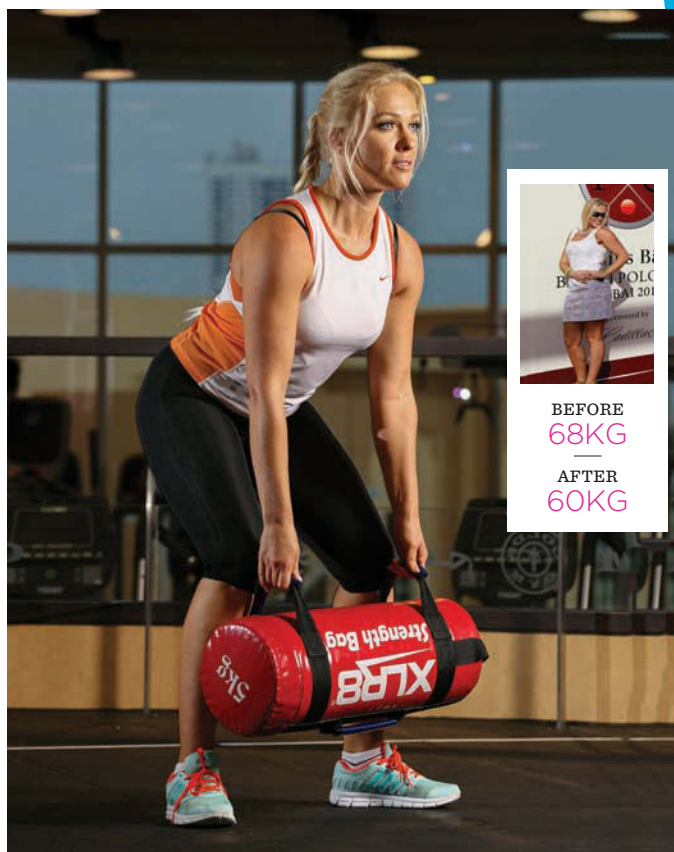
While Nataliya Kunytska, 36, had always kept herself in good shape, work stress found its way to her life—and her waistline. "Suddenly I had no time to exercise," she says, "and I was eating really unhealthily. It's like I had no control over my intake and was comfort eating lots of sweets, too. I knew I was gaining weight but I just kept telling myself, 'You'll work on it one day when you're less stressed.' Before I knew it, two years had passed by."

The Change

The turning point—as it is for so many women—was seeing a picture of herself. "My friends kept reassuring me that I hadn't put on too much weight, but when I saw this picture I was shocked," she says. "I realised I needed to act now." She started by joining Gold's Gym and rearranging her daily schedule so that she had two hour slots for working out, then signed up with Gold's personal trainer Mokhtar Moussa, who put together a challenging routine: 30 minute runs followed by an hour of circuit training, incorporating cardio, bodyweight, ropes and kettlebell exercises. The final push came from entering the Gold's Gym Fat to Fit Challenge, a weight loss and fitness competition. "It was so motivating," says Nataliya, "because it had a 60 day deadline, a clear goal, and a sense of competition to push me."

The Lifestyle

Nataliya went on to win the



competition—scooping a Dhs50,000 prize—and continues to work out at least four times a week. "I'm still working hard," she says, "and trying to keep active outside the gym, too. I've incorporated outdoor activities like jogging, swimming and cycling." She sticks to a clean, high-protein diet filled with meat, fish, vegetables and salad, and no longer eats dessert. "If you eat right," she says, "you don't feel hungry and your body doesn't start to crave sugar."

The Reward

"It was amazing winning the Fat to Fit Challenge," says Nataliya. "There were so many entrants that I really

pushed myself hard. It helped me to think, 'It's now or never!'" But the rewards go beyond even the cash prize. "I'm so much happier and more confident now," she says. "I finally feel in control of my life and, for the first time in years, I really like myself and my body."

Nataliya's Tips

- > **Keep Track:** I found it hard to stick to my diet until I started writing down everything I ate.
- > **Plan Ahead:** I keep a meal plan stuck on my fridge and I prepare all my meals for the day in the morning.
- > **Active Rest:** Stay active outside the gym—try playing volleyball at the beach instead of sunbathing.

LIGHTEN UP

I work out first thing in the morning—what will fuel my workout and not just sit heavy in my stomach?

—Hana, Dubai

The key with working out first thing in the morning is to energise your training session so you can perform at your best. Bananas are a natural power bar: They contain three kinds of sugar, plus minerals and a small amount of protein—all your body needs for fuel. Oats are also a great choice as they release energy gradually, so you could try one cup of oats at least 30 minutes before your workout.

Alternatively, fruit smoothies are high in protein and energy, and are easily digested. Blend low fat yoghurt with fruit of your choice—you could even add one scoop of protein powder to maximise your energy.

Which is better if I'm trying to lose weight—white, brown or black rice?

—Corinne, Abu Dhabi

Black and brown rice have higher nutritional value as they contain more fibre, vitamins and minerals. Plus they help the body feel full for longer. However, when you're trying to lose weight, it's not just the kind of food you're eating that counts—the quantity matters. So make sure your meal doesn't contain more than one cup of rice, and try to focus instead on protein and veggies.

Banin Shahine

Nutrition Fitness Manager at Fitness First; fitnessfirstme.com

smart picks

STAY ON TRACK WITH THESE HEALTHY OPTIONS

Chocolate molé flavour Martin's Marvelous Crisps are a light, gluten-free way to satisfy choc cravings.

Dhs32,
Organic Foods
& Cafe



Craving sushi but don't want to carb up on rice? Try a zingy salmon ceviche with cucumber and peppers instead.

Dhs65, Sushi Art



Spending a day at the beach? Tuck a carton of Vita Coco in your bag for instant hydration sans sugar and nasties.

Dhs9.5, supermarkets



15

MINUTE WORKOUT

GET IN KILLER SHAPE WITH KETTLEBELLS

This routine will earn you a balanced—and bangin'—physique.

No disrespect, dumbbells—you're great and we heart you—but the kettlebell is kind of stealing our adoration. To be honest, this isn't a new crush: We've always been fond of the kettlebell's shape, which creates an uneven distribution of weight and makes basic dumbbell exercises more challenging. But now researchers say that kettlebell training can improve your balance and reaction time—and that seals the deal.

"When you're swinging, passing, or flipping the bell, your body intuitively counterbalances the weight," says Lorna Kleidman, the three-time kettlebell world champion who created this workout. "This teaches your muscles to respond faster in other situations, whether you're playing tennis or trying not to fall on a slippery surface." What's more, the moves in this routine also train multiple muscle groups at once and on every plane of motion, increasing your strength and overall calorie burn.

Grab a kettlebell (try starting with six to 10 pounds) and do these exercises in order, resting for 30 seconds after each one. At the end, rest for up to a minute, then complete two more circuits.

—Caitlin Carlson

1 Squat Flip

Stand with your feet slightly more than hip-width apart and hold the kettlebell with both hands above your right shoulder. Push your hips back and lower into a squat (a). In one motion, push through your heels to stand while straightening your arms to raise the kettlebell overhead (b), then squat again as you lower the weight to your left shoulder (c). That's one rep. Do 20.



2 Lateral Lunge and Pass

Hold the kettlebell in your right hand at shoulder height, elbow bent (a). Take a big step to the left and sit back into a side lunge, passing the weight under your left knee and grabbing it with your left hand (b). Release your right hand and press through your left heel to return to standing, raising the kettlebell to your left shoulder. That's one rep. Alternate sides for 20 reps.



3 Push Press

Hold the kettlebell in your right hand at shoulder height, elbow close to your body, feet hip-width apart, and knees slightly bent (a). Keeping your core tight and back flat, straighten your legs and press the weight overhead until your arm is straight (b). Pause, then slowly lower back to start. That's one rep. Do 10, then switch sides and repeat.



4 Side Plank Row

Get into a pushup position with your right hand grasping the kettlebell's handle and your feet slightly more than hip-width apart (a). Row the kettlebell to the side of your chest while rotating into a side plank, supporting yourself with your left arm (b). Reverse to return to start. That's one rep. Do 10, then repeat on the other side.





Glucose Nation

Fact: The GCC region has some of the highest rates of diabetes in the world. This comes as no surprise to many of us, since awareness of the problem is high. So why do statistics show that incidence rates are not declining—or even stabilising—but actually predicted for an increase?

By Yi-Hwa Hanna

In a region where you can order fast food on speed-dial to your door at pretty much any hour of the day (or night), where it's become somewhat of a norm for many to take a taxi for a two-minute drive (that would have taken about seven minutes to walk), and decadence and excess are often celebrated, it's hardly surprising that steering clear of temptations that can lead to the onset of diabetes isn't easy.

It's this sedentary lifestyle and unhealthy dietary habits that are often cited as the main causes behind the high rates of type 2 diabetes in the GCC, and with children as young as six years old now being diagnosed with the disease, doctors in the UAE are describing it as a national health emergency. Recent figures from the International Diabetes Foundation show that one in 10 people in the Gulf States is

living with the disease, and scarily, that's not counting the potentially thousands of undiagnosed cases. Experts have warned that many patients don't come in for a diagnosis until a later stage, whether it's because they don't recognise the symptoms or simply overlook the gravity of the situation—a worrying trend, especially considering early detection is key for managing the disease. Reports

predict that the number of cases is expected to increase from 36.8 million people today to a whopping 67.9 million by 2035—that's more than 80%—placing the Middle East and North Africa region among the world's fastest growing regions for the disease. But it isn't all bad news: The IDF also estimates that more than 70% of cases of type 2 diabetes can be prevented or delayed by adopting a healthier lifestyle. Increased awareness is the first step—and putting it into practise, of course, comes next. With governments in the region opening up more public facilities in which to exercise, from running tracks to cycling paths, new gyms springing up in every area, and restaurants starting to offer healthier, lighter options, all we have to do is take it one step at a time—and we're here to help.

THIS WEEK

Set Your Intention

► As new-age as it sounds, research has shown that goal-setting can make a marked difference in our ability to make achievements—especially when we actually write them down. And it's not just for our fitness, health or nutritional aims—it works for life goals too. A study conducted on the 1979 Harvard MBA programme found that the three percent of participants who had written their goals down were earning up to 10 times as much as the remaining 97 percent of the class combined. But write them down for yourself, rather than announcing them to everyone on your Instagram network—various studies carried out over the past eight decades have found that announcing your plans to others could actually backfire, since doing so can trick you into feeling you've accomplished enough by making the announcement and don't really need to follow through by working hard.

Cut back on sugar

► While this is a fairly straightforward step in reducing diabetes risk, it's not as easy as just ordering less dessert. The pesky sweet stuff can sneak up on us in more subtle and frequent ways than we realise, first and foremost in the drinks we consume. Cutting out soft drinks may be an obvious choice, but trying to take less sugar in our tea and coffee (or going without) can have more impact than we realise. In addition to trying to sweeten your hot drinks less, why not try replacing a couple of your daily cuppas with a tall glass of water instead for a double-bonus? If it's the taste you crave, try flavouring your water with fresh fruit. VOSS is one brand that's leading the fruit-infusion revolution—we

like popping fresh cucumbers and raspberries into one of their beautiful glass bottles for water that's just as pretty as it is tasty.

Get More ZZZs

► A recent study by the University of Bristol in the UK and Weill Cornell Medical College in Qatar found that not getting enough sleep—especially on weekdays—can increase our risk of developing both obesity and type 2 diabetes. Findings showed that even if you “make up” for sleepless weeknights with weekend lie-ins, it's the inevitable build-up of “sleep debt” that's the real problem. It's for this same reason that a previous study published in *Science Translational Medicine* found that shift workers—who

typically have out-of-sync body clocks and disruptive sleep schedules thanks to their unpredictable schedules—have a higher risk of both diabetes and obesity, with the lifestyle's side-effects sometimes putting them into a pre-diabetic state. Researchers from Weill Cornell claim that even 30 minutes of sleep debt a day can significantly affect our insulin resistance, and the risk doesn't stop there—chronic sleep deprivation has also been linked to memory and cognitive impairment, stress, heart problems, stroke, and psychiatric problems. The bottom line? Go to bed a little earlier tonight. Investing in some quality bedding is a good way to tempt yourself into clocking in to your sheets





early—we love IKEA's Memory Foam Mattress Toppers for their ability to truly transform a mattress into a wonderland of comfort, and PerDormire's Lattice Pillow for ensuring both your head and neck are properly supported while you get your shut-eye.

THIS MONTH *Get Moving*

► Exercise, exercise, exercise. We can't say it enough. One of the most effective ways of preventing the onset of type 2 diabetes is making sure you get in enough exercise each week, whether it's aerobic or resistance-based, as it helps to control blood sugar regulation, metabolise fat, and build stronger muscle fibres that are more responsive to insulin. Grab your favourite trainers and schedule in an extra workout—be it a run, weight-lifting session, pole fitness class or swim—this week.

Turn Off The TV

► Not only does sitting in front of the telly for hours on end lead to more mindless snacking—and increase our chances of munching on less healthy foods—various studies have found that all that sitting can shorten our life, expand

our waistlines, and even lead to more brittle bones. In fact, even if you're an avid exerciser, studies show sitting down for long periods can lead to increased risk of heart disease, cancer and—you guessed it—diabetes. Of course, we're not saying that you have to give up your weekly fix of *Game of Thrones*, but try to get up and move between episodes or during ad breaks, and don't spend every night or weekend snuggled up with a box set.

Start Roughing It

► No, we don't mean you need to give up your home comforts, or even introduce a little more *50 Shades*-esque activity into your life—we just mean add some more fibre to your diet. Harvard researchers have linked a high-fibre diet—particularly cereal fibre—as well as high-glycaemic index foods to a lower risk of developing type 2 diabetes. Some of our favourite high-fibre natural foods include mushrooms, leafy greens, broccoli, beans, flax seeds, and chia seeds.

Embrace (Good) Fat

► Fat often gets a bad rap. While trans fats should be avoided wherever possible,

good fats such as the monounsaturated and polyunsaturated fats found in nuts, seeds and vegetable oils like avocado can help to stave it off. An excuse to load up on guacamole? Yes please.

Go For The (Whole) Grain

► Whole grains are not only another great source of fibre, they're also a good way to keep your blood sugar steady. Thanks to the bran and fibre in whole grains, it's tougher for digestive enzymes to break starches down into glucose, which means blood sugar and insulin rise more slowly and steadily, putting less stress on the body. They're also rich in essential vitamins and minerals. White, processed grains that possess a high glycaemic index, however, have the opposite effect—a study in China found that women whose diets had the highest GI also had a 21 percent higher risk of developing type 2 diabetes.

Scale back on red and processed meat

► Findings from more than six long-term studies discovered that eating just one daily 3-ounce serving of red meat

can increase our risk of diabetes by 20 percent. Processed meats had even more impact, with two slices of bacon or one hot-dog leading to a 51 percent risk increase. Why not try swapping out half your typical red meat intake for lean poultry or mushrooms (see p.24 to find out why!), or sources of protein that serve up other benefits, such as fish or quinoa?

THIS YEAR

Quit smoking

► We don't even need to tell you why smoking is bad for you—but research published in *The Journal Of The American Medical Association* suggests that active smoking could be independently associated with glucose intolerance, impaired fasting glucose, and type 2 diabetes, with smokers said to be at a 50 percent higher risk of developing the disease.

Watch Your Waistline

► The most common culprit for many health issues, carrying excess weight can prevent the body from using its own insulin effectively, with the development of insulin resistance and persistently high blood sugar levels leading to an increased diabetes risk. In fact, studies have found that being overweight increases your risk of developing type 2 diabetes sevenfold, while losing just seven percent of our body weight can reduce risk by up to 60 percent. Let's add it to our list of reasons why staying fit, toned and in shape is a good idea, and use it as motivation to stay on top of our health goals for the rest of the year (and beyond!).

387 million.

That's how many people, according to recent figures from the International Diabetes Federation, are living with diabetes worldwide. To help put things in perspective, that's more than 42 times the population of the UAE.

1

Sound

Listening to music for about an hour a day can help reduce fatigue, according to a recent study. Music may also play a key role in cell growth and repair, keeping your insides spry, says biochemist Miguel-Angel Mayoral-Chávez, M.D., Ph.D. Just make sure the beats are, well, upbeat, whether the music is Gaga or Mozart. Another tactic: Call Mum or your BFF. Hearing a supportive, familiar voice prompts the brain to release oxytocin, a stress-fighting, mood-elevating hormone, according to Leslie J. Seltzer, Ph.D., a postdoctoral fellow in the department of psychology at the University of Wisconsin at Madison, U.S.

5

Natural Energy Boosters

Next time you're dragging, take advantage of the full power of your senses to kick your body and mind into high gear.

By *Tori Rodriguez*

2

Touch

If the thought of schmoozing at a party makes you want to crawl under the covers, listen up: Your hands might be able to put you in a mingling mood. Researchers at Harvard, Yale, and MIT found that people view socialising as tougher after touching a rough object. Keeping something smooth handy—like a ring with a flat stone that you can rub with your thumb—might help calm your social butterflies, says study coauthor Joshua Ackerman, Ph.D., of MIT's Sloan School of Management. To mellow out even more, ask your partner for a hand and foot massage, which can lower your heart rate, according to the journal *Autonomic Neuroscience: Basic & Clinical*.

3

Sight

Yellow is the colour most closely linked with a healthy mood; other positive hues include orange and lilac. Try using these tones on your walls or fill some vases with similarly shaded blooms. You can also get an energy kick from sitting near a light box for 45 minutes a day. It's a pill-free way to increase alertness during waking hours, according to a study from Harvard Medical School and Northeastern University.

4

Smell

Research shows that when people at nightclubs are exposed to orange or peppermint scents, they report more positive experiences—and dance the night away! And the smell of peppermint, a natural stimulant, can also quell stress, according to the *North American Journal of Psychology*. Rub a drop of one of these essential oils (or cinnamon, which can also perk you up) onto your wrists when your energy level starts to slump. A dab of lemon scent could also bump up your bliss, says a study in the *British Journal of Psychology*.

5

Taste

Talk about a zest for life! A mix of cooling and tangy citrus flavours can up your energy by activating nerves in the mouth, throat, and nasal cavity that trigger a heightened level of brain activity, says David Labbe, Ph.D., a sensory scientist at the Nestlé Research Center in Switzerland. Chewing gum is another way to enhance energy, according to the journal *Nutritional Neuroscience*. The muscle tension that comes with chewing can increase heart rate and alertness, and stimulate the nervous system, says study author and psychologist Andy Smith, Ph.D.



7 Lies We Tell Our Doctors

It's a strange phenomenon: We fib about our behaviour to the exact people who could help steer us in a better direction. Read on to hear why—and how—you should always fess up.

By Jessica Girdwain

In theory, your doctor's office is a safe place to lay it all out there: Your health triumphs, your health lapses, your nagging health concerns. But many women omit details, twist facts, or blatantly lie when being grilled by a doc. Big mistake. Withholding the truth can be dangerous, if not deadly. "And your doctor can't help you if she doesn't have all the info," says women's health expert Jennifer Ashton, M.D. Guilty of any of these little white-gown lies? It's time to come clean.

YOUR DOCTOR ASKS:
"How are you doing?"

YOU SAY: "Good! Fine! Everything's just fine."

THE REALITY: You've been feeling sad for a while.

THE FIB RISK: High. The longer you let depression symptoms linger, the more likely you are to self-medicate with alcohol or drugs, or to isolate yourself from friends and family. Don't suffer in silence: "Try to say exactly what you're thinking and experiencing, even if you don't have the right words," says clinical psychologist Sari Shepphird, Ph.D. "Or if you're too nervous, just say that. Your doctor can take it from there."

Remember, just because you feel blue doesn't mean you are clinically depressed or will surely be prescribed meds (nearly 25 percent of people hide their symptoms for fear of being put on an

antidepressant). Hormonal imbalances can also cause emotional upset. Give your physician the chance to get to the root of your mood and recommend a course of action that you're comfortable with.

YOUR DOCTOR ASKS:
"Do you smoke?"

YOU SAY: "Not really. Maybe every once in a while."

THE REALITY: You puff at least once a day, or sometimes several times a week.

THE FIB RISK: High. OK, so you don't feel like hearing another lecture, but just one social cig exposes your body to a cocktail of carcinogens. Frequent smoking raises your risk for certain cancers (lung, breast, cervical), so your doctor might want to start screening for them early or more often, says Lynn Westphal, M.D., director of women's health at Stanford

University, U.S. Smoking can also raise your blood-clot risk if you're on the Pill, so your physician might switch you to another form of birth control and explain how cigarettes affect fertility.

Always be straight about how often you light up, and your doctor can work with you to devise a solid quitting plan. It's well worth any shame: Women who stop smoking cut their premature death rate by more than half.

YOUR DOCTOR ASKS:
"What's new in your life?"

YOU SAY: "Not much. Same old, same old."

THE REALITY: You were recently laid off or passed over for a big promotion, or you're just working around the clock.

THE FIB RISK: Moderate. Because the average working woman

spends a third of her time at work, her job health has a direct effect on her medical health. A little professional stress is totally normal; an upheaval at (or exit from) the office, however, is something your doctor needs to know about.

"Many people don't know that work-related stress is the root cause of a lot of health problems," says Shepphird. For example, unemployment has been linked to heart disease, and extreme stress can make you 69 percent more likely to misuse birth control, leaving you vulnerable to unplanned pregnancies.

When your physician asks "What's new?" be sure to touch on what's happening at work (as in: it feels like you're under tremendous pressure on the job). She can decide what's relevant.

• *Blurring the facts is a very unhealthy habit.*



YOUR DOCTOR ASKS:

"How often do you drink?"

YOU SAY: "Socially, and only on weekends."

THE REALITY: Well...and at a handful of happy hours each week.

THE FIB RISK: High. Most women grossly understate how much they imbibe, often more than even they realize: "Thanks to oversize glasses and generous pours, two drinks may really contain the alcohol equivalent of four drinks," says Ashton. "And four drinks in one night is considered binge drinking."

Regularly guzzling more than seven drinks a week can lead to sleep disruption, weight gain, or even breast cancer, so it's imperative to do the math. Don't fall back on the vague "socially" answer or downplay your drinking for fear of being tsk-tsked; use your datebook as a guide, and clue in your doctor so she can check you for drink-related issues.

YOUR DOCTOR ASKS:

"Is your knee still bothering you?"

YOU SAY: "It's all right. I take OTC meds a few times a week."

THE REALITY: You're popping 'em like candy so you can get through your workouts.

THE FIB RISK: Moderate. Overuse of pain pills can cause stomach irritation or ulcers. Perhaps more important, though, is that the meds may be masking a worsening problem (that knee pain, for example, could morph into a stress fracture), says orthopedic surgeon Sabrina Strickland, M.D., of the Hospital for Special Surgery in New York City.

Women often lie about how much they exercise when injured, she says, for fear of being told they can't hit the gym. But it's important to describe your precise fitness routine and type of pain. Sure, being up-front might result in some physical therapy, but that sure beats stomach trauma or eventual surgery—two things your M.D. wants to help you avoid.

YOUR DOCTOR ASKS:

"How's your love life?"

YOU SAY: "Umm...it's OK."

THE REALITY: Nooky kinda hurts, but only sometimes. And you'd rather chew off your arm than go into the ultra-intimate details.

THE FIB RISK: Moderate. Up to 75 percent of women experience painful sex at some point. Typically, it indicates a fixable issue (vaginal dryness, a yeast infection). In some cases, though, it can point to more serious concerns such as endometriosis or ovarian cysts, so speak up before your feet are in the stirrups. Feel free to start with, "This is awkward, but..." Keep in mind that there's very little that can shock or embarrass a doctor. "Blood, fluids... we've seen and heard everything," says Ashton.

YOUR DOCTOR ASKS:

"What medications are you on?"

YOU SAY: "None." Or: "Just birth control."

THE REALITY: You're a supplement champ, taking vitamin D, fish oil, probiotics, and, oh yeah, St.-John's-wort.

THE FIB RISK: Moderate. They may be all-natural, but health supplements can be very powerful drugs, says Leslie Mendoza Temple, M.D., of the Integrative Medicine Program at NorthShore University HealthSystem in Illinois, U.S. Certain ones might interact with prescription medications (e.g., St.-John's-wort can interfere with birth control) or can be harmful in high amounts (excessive fish oil can cause skin bruising or bleeding after surgery).

To make sure you don't overlook anything, bring along the actual bottles of each supplement you're taking to show your M.D. "People sometimes fear their conventional doctors will ridicule alternative therapies," says Temple. If yours laughs at them, find a new doctor. □

Q

THE DOCTOR IS IN

What is it about coffee that seems to cure a headache?

—Courtney

There are two theories. The first: A headache happens when the body releases adenosine, a chemical that inflames blood vessels, causing throbbing and pain. The caffeine in coffee puts the kibosh on adenosine and helps constrict blood vessels. The second theory posits that caffeine increases the effectiveness of pain relievers, helping the body absorb them more quickly for faster relief. Hence, many pain pills contain caffeine, and that's why popping Advil with your joe can help your noggin.

My gums bleed whenever I floss these days. Is it gingivitis?

—Kristina

Most likely, yes. Gingivitis, or inflammation of the gums, is super common and rarely painful, so not all sufferers realize they're affected. If you just see tiny spots of blood when flossing, you can usually clear up the problem by sticking to excellent dental hygiene (flossing regularly and brushing your teeth for at least two minutes twice a day) and rinsing with salt water once a day. If the blood keeps coming, see your dentist, stat. In advanced cases, gingivitis can spread into the bones.

Keri Peterson, M.D.
Internal medicine,
Lenox Hill Hospital,
New York City.

Preparation Rx

Following this five-point checklist before your next appointment will help keep you honest and on track, says Leana Wen, M.D., author of *When Doctors Don't Listen*.

> TAKE A FEW MINUTES TO REFLECT. What has happened since your last visit? Have you changed schools or jobs, or been in or out of relationships? Have you switched up your eating habits or lost or gained a bunch of weight?

> TAKE SPECIFIC STOCK OF YOURSELF. Stand in front of a mirror and work your way up, starting with your feet. For each body part, ask yourself, "Does everything feel OK here?" Then scan your mood: Have you been more down than up lately? More stressed than not?

> JOT DOWN ANY RED FLAGS. Bring a written list and keep your comments specific—"I've had a headache every day for three weeks" instead of "My head's been hurting"—and read them verbatim.

> PREPARE TO DIVE RIGHT IN. Many women only break out their questions at the end of the appointment. Whip out your list right away, before you get sidetracked—and so you don't run out of time.

> BRING A BUDDY. If you tend to get flustered or are anxious about a big appointment (say, a cancer screening), a friend can help take notes and ask follow-up questions. She can also make sure you stay honest about your health habits.

Rise of the Midlife Mum

Have celebrities found the fertility fountain of youth? *WH* explores what's behind the 40-plus baby boom.

In recent years, bump watchers have been abuzz: Well past her "Just a Girl" days, Gwen Stefani, 45, had her third child in early 2014. Her pal, 43-year-old stylist Rachel Zoe, had baby number two in 2013, and, that same year, actress Halle Berry popped out a kid—at 47!

The truth is, birthrates for *all* U.S. women ages 40 to 44—many of whom are getting knocked up for the first time—have hit a four-decade high, according to the National Center for Health Statistics. That fact calls into question the long-accepted belief that fertility plummets after age

35, leaving older women with scant chances of conceiving. Is 45 the new 35? Well, maybe.

Research suggests that around 65 percent of women who start trying to get pregnant naturally at age 40 will be successful, per the journal *Human Reproduction*. That's a huge—and welcome—number to many who've been told

to "forget it" by 40. However, it comes with a caveat, says Nicole Noyes, M.D., a reproductive endocrinologist at the New York University School of Medicine. "That success rate goes down rapidly from 41 to 45, after which point almost all women are infertile," she explains. In other words, they're out of viable eggs.

Enter the ever-advancing field of assisted reproductive technology. These days, just because you're out of your own eggs doesn't mean you can't use someone else's and carry a baby to term (assuming you have the funds—assisted fertilisation procedures can run upwards of \$36,700). "Many of the babies you see in women around their mid-forties are either from donor eggs or their own previously frozen eggs," says Noyes.

Indeed, it's an attractive option for women who put off baby making for career building. And it's especially appealing to fit 40-plus women who know that, in the coming years, they'll likely still have the physical and mental energy to handle the demands of motherhood. "The age for what's considered 'too old' has definitely gone up," says Jean Twenge, Ph.D., a professor of psychology at San Diego University and author of *The Impatient Woman's Guide to Getting Pregnant*. "There is a sense that you live your life first, *then* have kids. Better nutrition and exercise routines are helping older women feel that they can do just that." Remember, though, no matter how young you look on the outside, on the inside your eggs are still ageing.

—Faye Brennan



Eating to Extend Fertility?

Granted, your ability to get preggers depends largely on your genes. But you can start making conception-friendly diet choices to up your odds.

The first step toward a healthier reproductive system is balancing your hormones through diet, says holistic health counsellor Alisa Vitti, founder of the food therapy program FloLiving.com and author of *Woman-Code*. Here, her list of fertility-boosting noshes to eat now.

Avocados

The fruit is high in monounsaturated fats, which could

improve fertility. One study found that women who ate the highest amount of these healthy nutrients while undergoing IVF therapy had triple the success rate of those who ate the lowest.

Sunflower Seeds

Take down a handful three times a week. Rich in zinc, the little suckers can help balance the reproductive

hormones that lead to high-quality human eggs.

Cinnamon

The spice has insulin-reducing powers and may help increase your ovulation rate. Sprinkle it into your smoothies.

Eggs

Eat 'em in poached or soft-boiled form (no scrambling!) twice a week. Keeping the yolks runny preserves their vitamin D and B₆

content, both of which spur the production of progesterone, a hormone necessary for pregnancy.

Buckwheat

The seed is rich in compounds that help lower insulin and testosterone levels, a process that can enhance ovulation. Cook up a quarter cup to eat with dinner three times a week.

YOUR BODY ON... PMS

What's going on
during that hellish
period prelude

Two weeks before your period

- ▶ Your brain's pituitary gland unloads two fast-acting agents, follicle-stimulating hormone and luteinising hormone, into your bloodstream. Both direct-message your ovaries: Drop the package!
- ▶ Message received. Your ovaries jettison their most mature egg into a fallopian tube. This isn't NASCAR, though; that egg's journey to the uterus will take a few days.
- ▶ In the meantime, your ovaries ramp up oestrogen production. The hormone signals the lining of your uterus to start building a suitable home for an embryo.

In the next two weeks

- ▶ As the uterus builds up tissue and blood supply, your ovaries

unleash the key pregnancy-supporting hormone progesterone. Your body temperature may rise a few degrees, though you might not even notice. Other side effects, however, aren't so benign...

- ▶ Progesterone also fuels the expansion of the milk ducts in your breasts. Chances are, your boobs are now swollen and achy. (Women on the Pill may be spared this effect.)
- ▶ Progesterone may also interfere with certain brain chemicals, including the mood-regulating hormone serotonin. And it can stimulate the amygdala, a brain structure tied to emotion. The result is two charming PMS calling cards: irritability and anxiety.

- ▶ Meanwhile, oestrogen and progesterone are also hard at work preparing the womb. Your intestines may relax a bit to make room for a soon-to-be-occupied uterus. As they expand, so do you (yup, we're talking bloating and gas). Changes in your insulin sensitivity could also trigger food cravings.

As your period starts

- ▶ That unfertilised egg has waited around long enough, and your uterus senses all the fuss was for nothing. Your estrogen and progesterone levels plummet, along with—hurray!—most PMS symptoms.
- ▶ Yet the fun's not quite over. Your uterine cells begin releasing chemicals called prostaglandins that help slough off the extra blood and tissue.

They force your uterine muscles to contract—a process otherwise known as cramps.

- ▶ Inflammatory in nature, prostaglandins can also cause nausea. (Their production can often be curbed by exercise or anti-inflammatory meds such as ibuprofen.)
- ▶ Though you may feel like you're gushing for days, the average blood loss during a period is somewhere between a few tablespoons and a cup.

As your period ends

- ▶ You made it! But ever the optimists, your ovaries start slowly prepping the next egg for release—so the process can begin all over again.

—Laura Beil

Sources: Serdar Bulun, M.D., Northwestern University; Robert Casper, M.D., University of Toronto; Nicholas Panay, MRCOG, Chelsea & Westminster Hospital, London

Kernel Knowledge

Whether you're jonesing for sweet or savoury, you can turn homemade popcorn into a superstar snack.

By Rachel Meltzer Warren, R.D.

Light Bite

One serving of popcorn can provide 13 percent of the average person's daily intake of antioxidants.

When it's not drenched in butter and salt, popcorn is surprisingly good for you. A generous three-cup serving has less than 100 calories, as much fibre as a cup of cooked brown rice, and more antioxidants than a day's worth of fruits or vegetables, according to recent research from the University of Scranton, U.S. But it can get even better: Sprinkle on these health-boosting toppings and you'll have the perfect munchie treat.

Rosemary Parmesan

In a small bowl, drizzle 3 cups popped popcorn with 1 teaspoon olive oil. Sprinkle with 1 teaspoon finely chopped fresh rosemary and 1 tablespoon grated Parmesan cheese, then toss well to coat evenly. Top with black pepper.

PER SERVING: 160 cal, 7 g fat (1.5 g sat), 19 g carbs, 80 mg sodium, 4 g fibre, 5 g protein

Piña Colada

Melt 1 teaspoon extra-virgin coconut oil over low heat in a small sauté pan for about 15 seconds, or microwave on High in a small glass dish for 30 seconds. Place 3 cups popped popcorn in a small bowl and drizzle with oil. Sprinkle with 1 finely chopped ring of dried pineapple, 2 teaspoons sweetened coconut flakes, and ½ teaspoon salt, then toss well to coat evenly.

PER SERVING: 220 cal, 7 g fat (5 g sat), 42 g carbs, 310 mg sodium, 4 g fibre, 3 g protein

Curry Chipotle

In a small sauté pan, heat 1½ teaspoons canola oil, ½ teaspoon curry powder, ¼ teaspoon ground chipotle or chili powder, and ½ teaspoon salt over a low flame and whisk gently for 1 to 2 minutes, until oil begins to bubble.

Drizzle onto 3 cups popped popcorn in a small bowl, then toss well to coat evenly.

PER SERVING: 160 cal, 8 g fat (0.5 g sat), 20 g carbs, 290 mg sodium, 4 g fibre, 3 g protein

Lemon Dill

Place 3 cups popped popcorn in a small bowl and drizzle with 1 teaspoon olive oil. Sprinkle with 1 teaspoon oregano, ½ teaspoon each dill and lemon zest, and ½ teaspoon salt, then toss well to coat.

PER SERVING: 140 cal, 6 g fat (1 g sat), 20 g carbs, 290 mg sodium, 4 g fibre, 3 g protein

Sugar 'n' Spice

In a small bowl, drizzle 3 cups popped popcorn with 1 teaspoon flaxseed oil. Sprinkle with 1 teaspoon powdered sugar, ½ teaspoon cinnamon, ¼ teaspoon ground nutmeg, and ½ teaspoon salt, then toss well to coat evenly.

PER SERVING: 150 cal, 6 g fat (0.5 g sat), 23 g carbs, 290 mg sodium, 4 g fibre, 3 g protein

Cran-Chocolate

In a small glass bowl, microwave 1 tablespoon dark chocolate chips until just beginning to melt (about 45 seconds). Mix well with a rubber spatula until chocolate is about three-quarters of the way melted; some lumps should remain. Put 3 cups popped popcorn in a medium bowl and top with melted chocolate.

Sprinkle with 2 tablespoons dried cranberries and ½ teaspoon salt, then mix thoroughly. Place bowl in refrigerator for 10 minutes to harden chocolate.

PER SERVING: 210 cal, 6 g fat (3 g sat), 38 g carbs, 290 mg sodium, 5 g fibre, 4 g protein

Each recipe serves one. Nutritional information based on air-popped popcorn.

JIFFY POPPED

How three cooking methods compare

AIR POPPER

HOW: Follow the machine's instructions.

PRO: No oil—and no added calories.

CON: A popper costs at least Dhs60 and takes up cabinet space.

MICROWAVE

HOW: Add 1½ heaping tablespoons of kernels to a tempered-glass microwave-safe bowl with a vented lid. Cook on High for 2 to 3 minutes. The bowl will be hot, so use oven mitts. Makes about 3 cups popped popcorn.

PRO: Cleanup is minimal; you can cook, top, and serve your snack in the same bowl.

CON: Fluffiness of pieces depends on wattage.

STOVETOP

HOW: Add a scant 2 teaspoons of peanut or canola oil to a heavy-bottomed pot over medium-high heat. When oil is hot, add 1½ heaping tablespoons of kernels. Replace lid and gently shake pot to heat evenly. When popping slows after 2 to 3 minutes, turn off heat. Wait 30 seconds before removing lid to allow kernels to finish popping. Makes about 3 cups.

PRO: Popcorn is very crisp and has rich flavour.

CON: The oil adds about 70 calories.



HOMEMADE UPGRADE: QUESADILLAS

Each month your favourite dishes get a healthy and delectable do-over with tips from Keri Glassman, R.D.



Press down on top with a spatula while you cook to meld flavours—and prevent a messy flip.



- 1 Tbsp coconut oil, divided
- 3 cups crimini mushrooms
- 1 cup chopped onion
- 3 cups thinly sliced butternut squash
- 1 clove garlic, chopped
- 1 tsp chili powder
- 2 tsp ground cumin
- ¼ tsp freshly ground black pepper
- ½ cup goat cheese
- 4 whole-wheat tortillas

Heat ½ tablespoon oil in a skillet over medium heat. Add mushrooms, onion, squash, garlic, chili powder, cumin, and pepper, and sauté until lightly browned.

Meanwhile, spread goat cheese on 2 tortillas and top with mushroom, onion, and squash mixture. Place a remaining tortilla on each.

In the skillet, heat remaining oil over medium heat. Cook 1 quesadilla for 2 to 3 minutes, then carefully flip and cook 2 minutes more, until lightly browned. Repeat with second quesadilla. Slice into wedges and serve.

MAKE 4 SERVINGS

Per serving: 320 cal, 13.5 g fat (8.5 g sat), 42 g carbs, 445 mg sodium, 6 g fibre, 12 g protein

REDO YOUR DAIRY

A typical quesadilla might ooze with bland, overprocessed Cheddar, but goat cheese's full, creamy taste means you can use less queso without sacrificing flavour—plus, this type usually boasts lower calorie and fat counts, per gramme, to begin with.

GOURD CHOICE

It's a sweet-tooth favourite and good for you too: Butternut squash is rich in carotenoids—as evidenced by its beautiful orange colour—which is associated with a reduced risk for cancer and eye degeneration.

MEATLESS MAGIC

The flavourful and nutritionally dense mushroom (it's full of B6, folate, niacin, riboflavin, iron, potassium, and selenium) makes an excellent substitute for chicken or beef. In a study from Johns Hopkins Bloomberg School of



Public Health, people who swapped meat for mushrooms for a year lost an average of seven pounds.

GO FOR FIBRE

Skip the white-flour tortillas—their carb (and calorie) counts are nearly identical to those of whole wheat, but they often have zero fibre.

BETTER MEX

At a popular Mexican-style chain, the lowest-cal quesadilla comes in at 700 calories, more than twice what this version tallies. The highest on that menu? Over 1,800 (yes, *two* zeros).

Keri Glassman, R.D. NutritiousLife.com; author of *The New You (and Improved!) Diet*.



From Petri Dish **TO PLATE?**

It sounds like the stuff of science fiction, but lab-grown meat could soon be making its way to your kitchen. We weigh up the pros and cons of the “frankenburger”

By Hannah Bass

There are certain breakthroughs in science, medicine and technology that make you stop and think, “I guess we really are living in the future now.” And the 5th of August, 2013, definitely saw one of those moments, as some of the world’s top food critics assembled to taste the first ever burger grown entirely in a laboratory. Hailed also as the world’s most expensive burger, it took a team of scientists—headed by Professor Mark Post of Maastricht University in the Netherlands—two years and an estimated Dhs1.1 million to make it.

How did they do it? Stem cells were extracted from cow muscle tissue—using the same process now being developed to grow donor organs—and then placed into a culture of nutrients. Within three weeks, the cells had multiplied into the millions and were then placed into new petri dishes where they coalesced into miniscule strips of muscle, roughly a centimetre long and a couple of millimetres thick. When there were enough, the scientists collected them into pellets and then compacted them into a burger patty.

The result? Well, the meat was initially white in colour so beetroot juice was added (though the same scientists are now investigating adding the naturally-occurring compound myoglobin that gives meat its redness), but according to critics it tasted pretty much like a normal burger—albeit a rather dry one, since it was made entirely from muscle and no fat. But Professor Post is continuing

to improve the process and believes that in vitro burgers could be a mainstream reality within seven to 20 years.

And he's not just doing this in the name of scientific experimentation: There's a very real need. The global demand for meat is expected to double by 2050 as the population continues to multiply, and the pressure it's putting on our environment is unsustainable. According to the UN Food and Agriculture Organisation, livestock farms produce 18 percent of the world's greenhouse gas emissions and beef farming, in particular, is the worst culprit, producing five times more than poultry. In vitro beef, by comparison, would produce only an estimated four percent of the emissions caused by conventional beef farming. Plus, put simply, meat farming is plain inefficient in terms of resources. Back in 1932, Winston Churchill described his vision of the world in 50 years: "We shall escape the absurdity of growing a whole chicken in order to eat the breast or wing, by growing these parts separately under a suitable medium." If anything, it's surprising that lab-grown meat is only now on the brink of reality.

Not only would in vitro meat potentially eliminate inefficiency and unnecessary strain on the environment, plus any question of animal cruelty resulting from in livestock farming and slaughter, it would also protect human health from the diseases that stem from the industry—meat- and poultry-borne infections such as salmonella are responsible for 29 percent of all food-poisoning related deaths (around 5,000 a year) in the United States, according to the U.S. Centres for Disease Control and Prevention. And crucially, it could even be used to improve public health. The saturated fat and L-carnitine

People find lab-grown meat repulsive. But if they consider what goes into producing normal meat in a slaughterhouse, they'd find that repulsive.

found in red meat are drivers for heart disease, the leading cause of death in the U.A.E., where the diet is traditionally meat-heavy. In 2013, cardiovascular disease was responsible for 36.7 percent of deaths in Abu Dhabi, and a study conducted across the Emirates in the same year found that high cholesterol, hypertension and diabetes are hitting our population younger than should be expected. Of the 4,200 young men and women screened, a shocking 30 percent had high blood pressure, and 20 percent were obese. The doctors behind the study said that, while heart disease usually affects people after the age of 40, here it's hitting people ten years younger.

Where does in vitro meat come into the equation? Potentially, it could give us far greater control over the nutritional content of the meat we eat. The prototype burger contained no fat at all; when scientists figure out how to include it, nutritionists believe they could use, for example, omega-3 fatty acids instead of the heart-hazard saturated fat. Professor Post has even speculated that in vitro meat could be fortified with vitamins in the same way

we can currently buy fortified juice and milk.

So what are the obstacles? First of all, the cost. A 2011 study concluded that it would cost close to roughly Dhs600million in research to bring lab-grown meat to mass production, while the researchers behind the "frankenburger" believe that, with the current process, the cheapest market price they could achieve would be approximately Dhs82 per kilo. And then there's the limits to the current technology. At the moment, only processed meats like burgers and sausages are a possibility, since they can be composed from shreds of tissue. The three-dimensional techniques needed to produce structured meat, such as steak, are a long way off.

And ultimately, there's the killer question: Who would actually eat it? A European Union survey conducted in 2005 found that 54 percent of respondents said they would "never" approve of in vitro meat. Indeed, among all the "future applications of science" put to the public, only human cloning to prevent genetically transmitted disease was less popular. However, Helen Breewood, who worked alongside Professor Post on the lab-grown burger, has countered this public aversion, saying: "A lot of people consider lab-grown meat repulsive at first. But if they consider what goes into producing normal meat in a slaughterhouse, I think they would also find that repulsive."

It's precisely because of this that animal rights organisations such as PETA have come out in support of in vitro meat—but debate rages as to whether it could ever be classified as vegetarian. Similarly, if in vitro meat were to hit supermarket shelves, it would raise other ethical dilemmas—would it,

for example—be considered halal? Dr. Abdul Qahir Qamar, Director of Fatwa and Sharia rulings at the International Islamic Fiqh Academy in Jeddah, Saudi Arabia, has declared that, "If scientists produce in vitro meat in the laboratory, it will not be considered meat from live animals, but will be cultured meat... [However] the myoblasts must be taken from animals considered halal; products from pigs, dogs or wild animals with fangs or any other animals considered haram in Islamic law should not be used in any stage of the production process and neither should substances such as blood; and such products should not be detrimental or cause any harm to humans or the environment in any way."

It may be a good few years until you're noshing down on a frankenburger but, as the authors of the report *In Vitro Cultured Meat Production* rightly put it, "There are technologies now found in virtually every household—computers, the internet, Velcro, freeze-dried foods—that originally cost too much for mass production." With the global population expected to increase by two billion by 2050 and our appetite for meat showing no signs of satiation, we will have to find an answer, and in vitro meat could very well be a near-perfect one. The same study authors speculate that, "Cultured meat could also appeal to consumers interested in tailoring the aesthetic and nutritional characteristics of food to their individual tastes. A cultured meat production system could theoretically be sufficiently compact and automated for every household to produce its own meat—a 'meatmaker' could sit next to every 'breadmaker,' using ingredients purchased at a store." In other words, welcome to the future.



Get Cracking!

Nuts are the ultimate snack food: They pack loads of nutrients and so much satisfaction into every handful. But they're more than a midday munch—hence, these delicious recipes.

By Laura Sampedro

Some people are too shell-shocked by the high calorie count of nuts to appreciate their many redeeming qualities. But these tiny powerhouses are jam-packed with just about everything an active woman needs: belly-filling fibre and protein, a host of vitamins and antioxidants, and heart-healthy fats. A little goes a long way—that's why these four recipes use measured amounts to make every nutty bite count.

Dark Chocolate and Pistachio Bark

This salty-sweet combo gives you a double shot of antioxidants, and research has found that pistachios may help lower LDL ("bad") cholesterol.

1½ cups semisweet chocolate chips
½ cup shelled pistachios, roughly chopped
Pinch of salt

Melt chocolate in a double boiler or microwave. Stir in pistachios and salt. Pour onto a parchment-lined baking sheet and spread to ¼-inch thickness.

Refrigerate for 20 minutes or until completely firm. Peel the parchment off the hardened mixture and break into pieces.

MAKES 10 SERVINGS *Per serving: 160 cal, 10 g fat (5 g sat), 18 g carbs, 30 mg sodium, 2 g protein, 2 g fibre*

Herbed Hazelnuts

Tossing together this savoury concoction could be a smart move. Hazelnuts are one of the top sources of vitamin E, an antioxidant that may help thwart brain drain as you age.

- 1 Tbsp chopped fresh rosemary
- 1 Tbsp chopped fresh thyme
- ¼ tsp smoked paprika
- ¼ tsp sea salt
- 1 tsp extra-virgin olive oil
- 1¼ cups shelled, unsalted hazelnuts
- 1 tsp light brown sugar

Preheat oven to 180°C. In a bowl, combine herbs, paprika, salt, and oil. Add hazelnuts and toss to coat. Spread nuts on a baking tray in a single layer and roast for 10 to 12 minutes, until browned. Remove nuts from the oven, toss with brown sugar, and serve.

MAKES 5 SERVINGS
Per serving: 280 cal, 27 g fat (2 g sat), 8 g carbs, 80 mg sodium, 6 g protein, 4 g fibre

Spicy Tom Yum Peanuts

A handful of this snack mix has all the flavours of a belly-warming Thai soup plus a dose of niacin, a form of vitamin B₃ that may help lower risk for Alzheimer's disease.

- 1¼ cups shelled, unsalted peanuts
- 1 tsp ground ginger
- ¾ tsp garlic powder
- ½ tsp onion powder
- 1 tsp cayenne pepper
- 1 tsp fish sauce
- ¼ tsp sea salt
- 1½ Tbsp finely chopped cilantro

Preheat oven to 180°C. Toss peanuts with all other ingredients except coriander. Spread nuts in a single layer on a baking sheet and roast in the oven for 10 to 12 minutes, until browned. Toss with coriander and serve.

MAKES 5 SERVINGS
Per serving: 220 cal, 18 g fat (2.5 g sat), 9 g carbs, 170 mg sodium, 9 g protein, 3 g fibre

SPREAD'EM!

Making your own nut butter is easier than you may think—and the result won't be loaded down with a lot of oil or artificial ingredients. Try this recipe with your favourite nut or experiment with the pairings below.

Place 1¼ cups shelled, unsalted, roasted nuts in a food processor or blender with 1½ teaspoon salt and pulse until finely ground. Then, with the processor running, slowly add 2 tablespoons vegetable, canola, or peanut oil in a steady stream until the desired consistency is reached.

If you like chunks, add ½ cup chopped nuts to the finished butter.

CASHEW BUTTER: Spread on toast and top with sliced bananas.

HAZELNUT BUTTER: Stir in ¼ cup melted chocolate for a delicious fruit dip.

WALNUT BUTTER: Spread onto crackers with a dollop of pesto and sliced mozzarella cheese.

ALMOND BUTTER: Try it on crostini topped with prosciutto or ham.

PINE NUT BUTTER: Spread on crusty toasted bread topped with ricotta cheese and pomegranate seeds.

NUTS FOR NUTS

We've heard that many of you are nut fanatics, just like us—and if you're craving some of the good stuff, there are plenty of other ways to enjoy them than through snacking. If you've got the urge to go a little nutty after trying our delicious recipes to the left, why not head out and try some of these great options on the town? Here are some of our favourite places or dishes to opt for when we're in a nut-alicious mood...

Pret To Go

This wholesome cafe takes pride in making fresh, hand-crafted food and drinks for busy people on the go, whether it's breakfast, lunch, dinner or a snack you're after. While there are plenty of tempting items on their menu—the quinoa and mushroom risotto, and the Thai chicken curry brown rice pot are not to be missed—they also have delicious homemade chocolate bark (available in several different types of chocolate, including a luscious dark one) sprinkled with delicious nuts and other goodness. Visit pret-to-go.com

Munchbox

The ultimate in healthy snacks for nut-lovers, this Dubai-based homegrown concept serves up perfectly proportioned boxes of nutty snacks that you can order online, whether it's in individual, weekly or longer packages. And these aren't just your average roasted, salted nuts either—from spicy, sweet and savoury to just plain firecracker-worthy surprise flavours, their unique and creative combos will keep you, well, munching! Visit munchbox.ae

Clé Dubai

With plenty of hype surrounded the opening of this glam restaurant (not least thanks to beloved chef Greg Malouf at the helm), their menu—which boasts a unique and exciting range of Arabic-inspired fusion dishes—has plenty to shout out about. But the one that drives us nuts? The hazelnut falafel. Taking a classic favourite and making it fresh thanks to this nutty twist, it's crisp on the outside, juicy on the inside and dipped in tahini—good enough to make your eyes roll back in pleasure. Pass the plate, please. Visit cle-dubai.com

Eataly

When it comes to nutty indulgences, they don't come much tastier than fresh pesto, and in Dubai there are few better places to find it than Eataly. With more high quality Italian foods than you could ever dream of under one roof (and also serving up fresh, delicious dishes you can eat in the restaurant-cum-shop) this is the spot to get pesto for your pantry. Visit eataly.ae

Bateel

Famed for their delicious dates, it's not just the juicy, fresh and hearty little morsels of fruit they boast that have our heart—the quality of the nuts they use in their treats is sublime, and we'd be hard-pressed to say no to their roasted almond-stuffed Khidri dates any day. Their caramelised pecans and moreish salted Marcona almonds are also to-die-for. Visit bateel.com

Biorganic Store

Both the physical store and online shop are stacked with shelves of goodies, including almond cheese, toasted nut bites and a whole slew of delicious, organic nut butters. Visit biorganicstore.com

Almond Horchata

It's about time this popular Spanish power drink caught on here: Full of muscle-building protein, it's a great vegan source of calcium.

- ¼ cup blanched whole almonds
- ¾ cup unsweetened almond milk
- 1 tsp fresh lime juice
- 1/8 tsp ground nutmeg
- 1/8 tsp ground cinnamon
- Cinnamon stick (optional)

Place first five ingredients in a blender and blend until creamy. Strain through a fine-mesh sieve or cheesecloth and serve over ice. Garnish with cinnamon stick or ground spices.

MAKES 1 SERVING Per serving: 240 cal, 20 g fat (1.5 g sat), 9 g carbs, 140 mg sodium, 8 g protein, 4 g fibre

Beach Brunches



The Place

Eden Beach Club;
edenbeachclub.com

What it promises

A hedonistic brunch backed by live house music in Eden's lush setting, designed to resemble the Garden of Eden; Saturdays from 1-5pm, from Dhs495.

Our Experience

When Eden promises a day of decadence, they mean in terms of pleasure and quality: I was thrilled to find plenty of healthy options on the menu. We began with a light and fresh salmon tartare served with crunchy sweet potato crisps—just tart enough thanks to a yuzu caviar and cucumber twist—Japanese scallops served with a moreish blend of baby asparagus, crispy

parsnips and tomato fondue, and Eden's Garden Rolls, a lush sushi roll of green asparagus, black truffle, pickled radish and truffle sauce that had us longing for more. For mains, although the sushi, pan-fried salmon and beef medallions were tempting, we couldn't resist the freshly made black truffle tagliatelle—rich yet not too heavy and wipe-your-plate-clean good—and an enormous fillet of juicy grilled seabass served with veggies and a salsa. Dessert was a tough call—the humidity of the day had us debating between the red fruit salad and sorbet, until we caved in to the temptation of the chocolate tart (it was the most appropriate to the theme, we decided, our own forbidden fruit if you will) and boy were we glad we did: The crisp shell,

velvety chocolate and smooth interior was mildly chilled and slid into our eager mouths like it was going out of fashion. We washed down our meal with ample servings of light sangria, the perfect bevvy to sip on in the Mediterranean-inspired setting. Portion sizes weren't so big as to make us feel too full to strip down to our bikinis post-meal, thankfully, since Eden's stunning pools and beach area beckoned whether you were on a table, beach lounger or had your own shallow plunge pool.

The Verdict

An ideal spot if you're craving a chilled-out, luxurious and super stylish setting in which to enjoy live house tunes and delicious food and drink—in short, a true modern-day Garden of Eden.



The Place:

Blue Marlin Ibiza UAE;
bluemarlinibiza-uae.com

What It Promises:

A table-service brunch-cum-Ibiza-style beach party (Dhs240).

Our Experience:

Entering Blue Marlin Ibiza feels like stepping into a festival, with its terrace festooned with flower garlands and house music pumping. Despite the clubby atmosphere, the food is of surprisingly high quality, and the table service means you don't spend half your brunch trekking round the buffet. We started with a fusion of Spanish and Japanese treats—think impressive sushi rolls, unctuous mushroom bruschetta and fresh watermelon and lentil salad. The main course highlight was the meltingly tender beef rib, hot off the barbeque and washed down with jugs of Spanish cocktails. And the best bit? If any dish particularly whets your appetite, you can order refills from the helpful, cheery staff. After brunch, we lazed on the beach daybeds, took a dip in the sea and even watched a guy on a flyboard perform like a merman, before rejoining the terrace and carrying on the party into the night.

The Verdict:

Both glam and chilled out, Blue Marlin Ibiza UAE holds up well to the Spanish original.

5 JUICY QUESTIONS FOR... Two Tone,

née Rachid Ben Messaoud, 38, Dutch-born musician, artist and MC with Moroccan roots based in Dubai. Catch his latest tracks at twotonedxb.com

1

What's the best gift you've ever received?

My wife spoils me with many gifts and I like to spoil her too. Without sounding overly cheesy, I think the best gift is just having her in my life, always supporting me and my dreams. You can't buy that kind of stuff!

2

Your speciality is hip-hop, but how important is it to you that a woman likes your genre or is passionate about music in general?

I think she should be able to love any genre that 'sings' to her. Some of the best relationships are the ones where the partners are different and can teach each other new things. If my partner loved hip-hop and could enjoy it with me that would be amazing, but it's not a must.

Your background is pretty international and you speak a lot of languages. What qualities do you find really attractive?

Well, first off, a great personality is what really attracts me to a woman, while intelligence is so, so important. I like being able to have a conversation with a woman who is on top of her game.

3

4

What do you think is the secret to a successful relationship?

Communication definitely, while trust is really important too. I think that they're the foundation of a great, lasting relationship. It's also really important to remember that you can't spend the relationship trying to change your partner. You've got to accept the good and the bad, always trying to focus on the good points. And, always be yourself!

5

If you're trying to set the mood for romance, what's your go-to music?

Definitely R&B. A bit of old-school Usher will always set the mood, guaranteed!

- Yi-Hwa Hanna

Fast Talk

- > **Guilty pleasure?**
Dessert.
- > **Favourite dish to cook?**
Fried rice.
- > **Ideal super-power?**
Teleportation.
- > **Bromance crush?**
Ha! Kris Fade.
- > **Desert-island must-have?**
My wife!



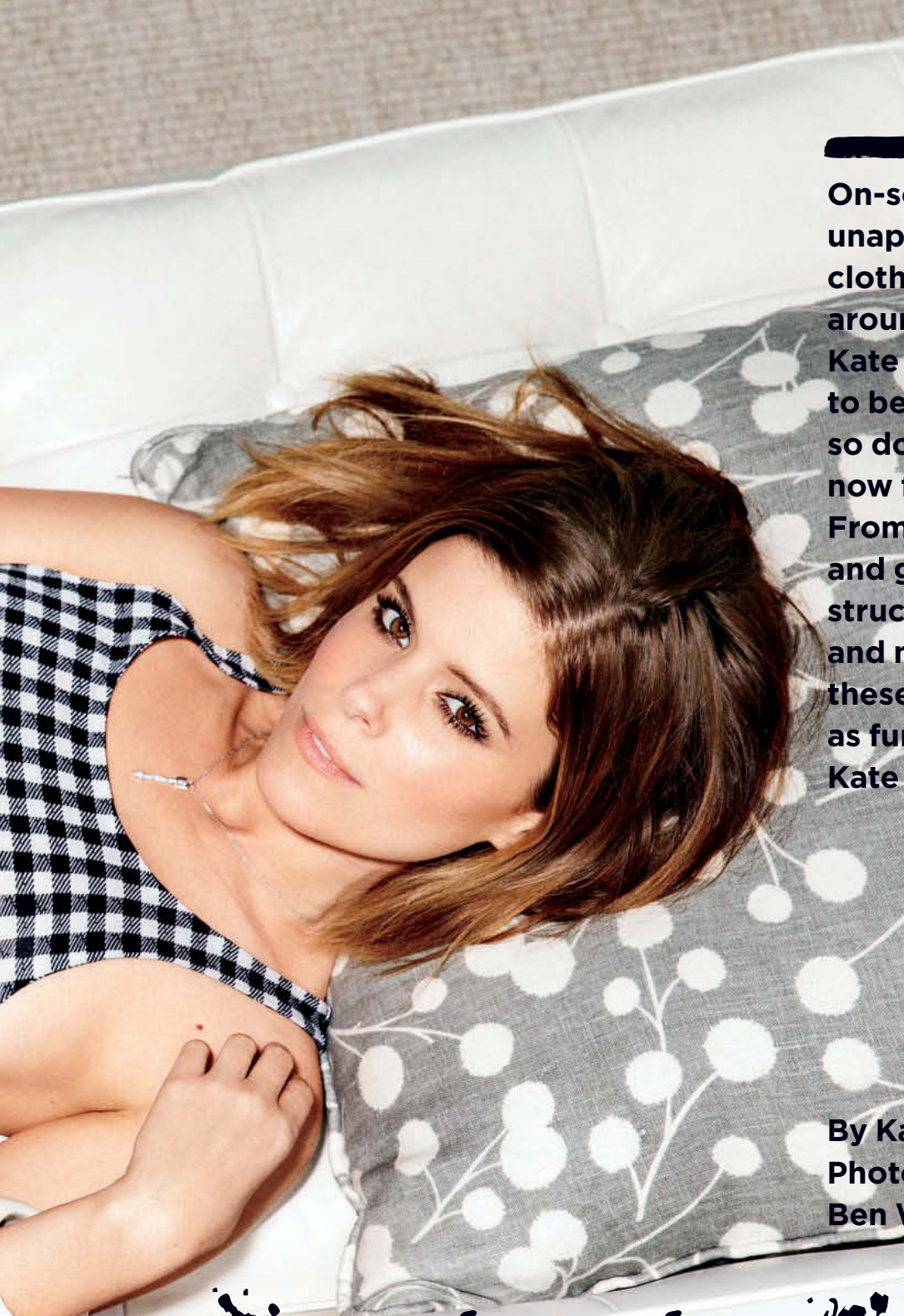


Gingham

Filmy chiffon and checks in two sizes are unexpectedly whimsical.

Diane von Furstenberg dress, Dhs2,380, dvf.com; Lizzie Scheck Jewelry necklace; Dinosaur Designs bangles, from Dhs202, dinosaur-designs.com; Banana Republic sneakers, Dhs360, banana-republic.com

BRAVE



On-screen chameleon, unapologetic clotheshorse, all-around risk taker—Kate Mara refuses to be typecast. And so do our hot-right-now fashion trends. From girly gingham and glam florals to structured safari and menswear stripes, these six outfits are as fun and striking as Kate herself.

**By Kate Sullivan
Photographs by
Ben Watts**

NEW LOOKS

Stripes

Barely-there lines and a slouchy fit give a menswear-inspired top a dose of sex appeal.

Altuzarra bodysuit; Zoë Chicco earring, Dhs643, zoe chicco.com; Lizzie Scheck necklace; rings, from left: CC Skye, Dhs433, glamboutique.com; Rocks N'Sugar

"Such a beautiful, grown-up business look. I love the gray-blue colour."

“ Because I’m so petite, I generally can’t wear a long bohemian dress. This one, I can pull off. ”

Gutsy Girl

Kate Mara cuts a strong figure—all 5’2” of her. *House of Cards* creator Beau Willimon has reportedly raved about her “fearlessness.” Designer Gilles Mendel—whose ensembles Kate has modelled on the red carpet time and time again—has said she’s a dream to dress because “she likes to dare.” That’s a recent development for the actress, 31, who says she “dressed to disappear” back in high school in Bedford, New York, where she graduated a year early. In fact, Kate admits, she’d routinely pull her long auburn hair back into a ponytail because she worried that wearing it down would be “too showy.”

How far she’s come. After dramatically chopping off her locks last year, she made *lob*—you know, long bob—a household word (and a buzzy one at salons, too). As for clothes, “I used to shop thinking, *Oh, that’s cute, this is cute,*” says Kate, who lives in Los Angeles. But about three years ago, she says, “I realised what you wear is an expression of who you are”—and that she was okay (comfortable, really) with fashion as a bold personal statement. “I started making a conscious effort to wear what makes me feel like *myself*.”



Boho

With a defined waist, abbreviated length, and saturated colour, this is hippie-chic made modern.

Anna Sui dress, Dhs1,906, annasui.com; Diane Cotton necklace, Dhs808, thinkscarpa.com; Elisa Solomon bracelet





Big-Screen Badass

Ever since her character was unceremoniously shoved in front of a train in the season-two premiere of *Cards*, Kate's been seemingly MIA. Well, from here on out, prepare for a Mara-thon. First up: playing Sue Storm—a.k.a. the Invisible Woman—in the new *Fantastic Four* movie, set for summer release. Then comes the Ridley Scott-directed *The Martian* (alongside Matt Damon and Jessica Chastain) and the gritty indie *Man Down*, as the wife of an Afghanistan-war vet played by Shia LaBeouf. You know, the guy tabloids linked her with last fall after the pair (Shate? Khia?) was caught cuddling at Disneyland. The truth about those photos: LaMara was on the job, not canoodling. Charlie Shotwell, the young actor who plays their son in the movie, had been cropped out of most of them. So Disney was kind of a faux-family trip? “*Real* family bonding,” Kate corrects. “Any days off, I spent with [Charlie]. I’ve never bonded with anyone so much.”

In fact, Kate's a family woman at heart. “I joke about having only a few friends, but that's because my closest friends are family members,” she says. “I’m one of four kids”—including, of course, sis and fellow actress Rooney. “I talked to one of my cousins at six o'clock this morning.”

Floral Prints

Not your grandma's twin set: This matchy-matchy outfit is retro-cool and, thanks to the dramatic cut, never old-fashioned. Boden top, Dhs433, and skirt, Dhs507, bodenusa.com; Only Genger by Jaclyn Mayer bracelet, Dhs349, jaclynmayer.com; Hearts On Fire ring

“The structure of the crop top and the high-waisted skirt show off the smallest part of your body.”



Safari

Vary the proportion (long on top, short on bottom) and the hue (two takes on beige) for a look that's anything but costumey.

Burberry shirt, Dhs1,194, burberry.com; REDValentino shorts, Dhs1,084, redvalentino.com; Me & Ro bracelet; Citizen Watch, Dhs826, citizenwatch.com; necklaces, from top: D.Jo Jewelry; George Frost, Dhs661, lulufrost.com

"This is preppy for me, but I love it—it's classic and feminine."



Fit For Life

Dame Kelly Holmes made history as the first British woman to take home two gold medals at the same Olympics, smashing the 800m and 1500m at Athens in 2004.

She's now an ambassador for Daman's ActiveLife, a health and wellness initiative that aims to get the UAE moving. We caught up with this real-life super woman...

How, why and when did you first get involved with Daman and ActiveLife?

I have been working with Daman as an ambassador for Active Life and as a mentor for their champions programme for the past two years. The relationship started when they reached out to me to come and join them for their first Color Run. I heard about their work in making the community a fitter and healthier place to live, through the ActiveLife brand and really wanted to assist with this campaign.

What's your favourite thing about working with Daman?

The team at Daman are fantastic. They are so

proactive with their mission to promote healthy lifestyles and active living, that it is inspiring to be a part of it all. Last time I was out, I went to TrainYas to see first-hand how ActiveLife has inspired thousands every week to be active.

What have been your favourite events that you've worked on with Daman so far?

All of them, it is so hard to choose! Taking part in all the mass participation events like The Color Run and the evening sessions at TrainYas and TrainDubai are so much fun. They are a really great way to get families active and into regular exercise. Being a mentor for the Champions

programme is extremely rewarding, passing on my knowledge and experience to other budding young sports people.

Which events will you be involved in this year—and are there any that you're especially excited about?

I will be doing all of the above and am so looking forward to them all! I am really excited to work on The Daman Future Champions Programme again, helping the younger generation become healthy role models for their peers in school. The programme is great as it introduces a variety of concepts to help potential future stars develop into well

rounded individuals in and out of their sport.

You're a double Olympic gold medal winning athlete—what's your philosophy when it comes to overcoming physical challenges?

When you are an athlete there will always be a situation where you are tested with having to overcome physical challenges. Learning to adapt your training and find other ways of keeping yourself both mentally and physically fit is so important. Finding the right experts to manage injury is also important.

You're famous all over the world for your track skills, but



what other sports do you really enjoy doing and why?

I mainly keep fit now, by going to the gym and complete a variety of different types of training, for example; HIIT —high intensity interval training, weights and circuits and I join in with various fitness classes. Last year I took part in Duathlons, which is a run-bike-run. They were fun but hard. I enjoy watching most sports and when I was younger my favourite sport to take part in was judo.

Are there any new sports or types of workout that you've heard of recently that you haven't tried yet but would quite like to?

I would like to do a cross fit competition: It's an extremely hard all over body workout.

Thanks to your affiliation with Daman, you've been working with the Middle East region for a little while now—what have you noticed about the way peoples' attitudes have changed towards health and fitness here?

I think there has been a real lift in the messaging and then engagement of people into healthier lifestyles. There are such a variety of activities available which are fun, engaging and appeal to the different needs of the community.

There's been a real boom in sporting events in the UAE in recent years, from yoga festivals to obstacle courses, triathlons and runs and more—why do you think people enjoy taking on these challenges so much, and why do you think it's been such a hot trend lately?

The more awareness and encouragement there is; the more people see others taking part in the many activities on offer. Knowing about the possibilities which are around is key to this and the fact people want to take part in an activity which is fun and rewarding too.

Why do you think there has been such growth in the movement towards a healthier and more active lifestyle in the Middle East lately, and how do you feel about this shift?

I am aware there is a high obesity and diabetes issue that needs to be addressed fast. I think people are starting to become aware of the importance of their own health and the need to live a healthier lifestyle, especially when there are such fantastic facilities and events being made available to help people achieve this.

Is there anything you hope to see in terms of this movement from the Middle East in the future?

I would love to see more encouragement around women's participation in sport and increasing this. I think there are definitely incentives which could be put in place by the government to assist with improving the overall health of the nation.

We've heard that you are considering getting back into competing on a world-class level again, for instance with the Age Group World Championships. What inspired you to consider this again, and if you do decide to go ahead with it, what do you hope to achieve from it?

I was thinking about it, but unfortunately, time and work haven't allowed the commitment and dedication needed at the moment. I really

enjoyed what I did last year and would definitely compete in some more duathlons again.

You're a real role model and inspiration when it comes to beating challenges and achieving your dreams, no matter how big—what advice do you have for readers who might be facing some sort of personal challenge or obstacle, be it physical or mental? What's your strategy when you need to get through something that requires intense mental, physical and emotional stamina?

Thank you. My key tips would be: Set and focus on your goals. Stay positive. Visualise the journey to success not failure. Understand your purpose for doing what you do. Don't ever just give up otherwise you will live with regrets. Believe in yourself and do things for you. Learn that the hard times make the good amazing.



Everyone has a different path in life—celebrate it!

Dear Maz,
I was recently chosen to be on a panel with three incredibly talented speakers. When these women were being introduced to the audience, their achievements were listed like a shopping list. PHD, MBBA, MBBS, Otolaryngologist, philanthropist—some of these words, I couldn't even pronounce. A young, insecure Maz would have been intimidated by their titles, experience and age. But that's the difference between you and I now. I play on my strengths, not focus my weaknesses. I realise that I can still add real value to the conversation—but in a different capacity. Because everyone is different, they have different strengths and different weaknesses. Everyone has a story, and we all have something to add. Sure, I wasn't very good at science or maths—I don't even remember what a "Pythagoras' Theorem" is. But you know what? You don't need to. You will realise that everyone has a different path in life—there is no 'formula' for success. There is no right or wrong occupation. You don't fit a mould, you create one.

You know all the report cards that said "Maz has a lot of potential but talks too much in class?" Well, go and give that teacher a hug, because before you even realised it, he/she had identified one of your great strengths, one that carried you to the exciting career that you have now—in radio. I want you to know now that life is not a fairytale or a Bollywood movie. You may not be married at 21 and have a big house with a white picket fence, with a prince

and a fluffy dog. But from my vantage point, I can assure you, that is totally ok. This will only teach you to be a strong independent woman, to dream without limits, even grander than your Bollywood fantasies! Write down all of your goals and dreams, no matter how impossibly grand—to see them in ink on paper is the first step to making them real. And with every step, carry confidence in the belief that what you put out to the universe, you will get back. And although it's hard at your wide-eyed age...don't get consumed by the small stuff. You know how mum never let you pluck your eyebrows when you were in high school? Well

guess what, thick eyebrows are so hot right now. Trust me. One day soon, you will be amazed by your mum's wisdom. And you know how you really want to be included in the popular group at school? Just know that self-confidence will let you blend in with anyone. So always back yourself, because if you don't then who will right? Oh, and stop beating yourself up about the cupcake you just ate. Enjoy treats in moderation, eat plenty of good foods too and enjoy regular, fun exercise. Trust your judgement and enjoy all of life's gifts. Guilt is such a waste of time...a little cupcake never hurt nobody.

Love, a grown up Maz x

*Mariam "Maz"
Hakim is a presenter
on Virgin Radio
Dubai. Catch her
on-air at 104.4 FM!*



Rapid Fire

- > **What's your current favourite workout?**
Spin class.
- > **What's your current favourite healthy meal?**
Quinoa with a good helping of chia seeds!
- > **What's your current favourite song?**
Worth It by Fifth Harmony and Kid Ink.
- > **What was the last thing you did that made you really happy?**
I walked into one of the pet stores in Jumeirah Lakes Towers and played with the puppies there!

love + life

Dating Rules: **Break or Bend?**

How should you play it when it comes to navigating long-held romance guidelines? *WH* helps you determine the moves that make sense now.

By Caitlin Carlson

PHOTOGRAPHS BY TURE LILLEGRAVEN

Do you really need another dating guide? In a word: Yep. Today, the average age of a woman's first marriage is 27 (compared with 20 in 1960). That means the boy-meets-girl rules you learned from your mum and have been vaguely following since you were a teen need to be updated. And in a time of ever-changing social mores and social media, romance is more confusing than ever ("Is it weird if I tweet at him?"). *WH* spoke with psychologists, scientists, and dating experts to give you a truly modern love manual.

THE RULE: Offer to pay.

BEND IT: *Insist on paying.*

Unless, of course, you're looking for a sugar daddy and don't care about having an egalitarian relationship. OK, that's a bit dramatic, but point is, you want to set the tone that you're an equal partner—and contributing financially does that, says Chiara Atik, an expert with online dating and relationship site HowAboutWe.com.

Still, most guys will want to pay on the first date (men have rules too). But after date numero uno, "it's all about the 'new fifty-fifty,'" says Atik. That doesn't mean going Dutch (laying down two credit cards after a candlelit meal is about as romantic as flicking through your Instagram feed mid-date). Instead, find other ways to pony up. Did he buy dinner? Reciprocate by covering drinks and treating for the next meal out.

THE RULE: Don't rush to contact him (you'll seem desperate).

BREAK IT: Text within 24 hours.

The beauty of a speedy text: It's efficient for making plans to see him again and a key to flirting for shy girls. Here, a few guidelines on the other forms of reaching out:

Call: After three or four dates.

E-mail: Skip it if you're sending a "Hey, what's up?" type of

message (texting is better for this). But go for it if you want to send him a link to an article you think he'd like—as soon as the day after the first date.

Instant message: Don't. Once you start, it's difficult to stop, and long conversations should be done in person while you're getting to know each other.

Facebook: Friend him after two dates (after all, you'd be creeped out if he friended *you* the minute he got home from your first date). But don't post on his wall until you're in a few of his photos.

Tweet: Follow him, tweet at him, or reply to something funny he says after a few dates. Interacting on Twitter is less of a big deal than Facebook (and you can probably see his tweets without following him too).

THE RULE: Don't go over to his place on the first date.

BEND IT: Hang out at his when you both want the same thing from the relationship.

There is a reason for the don't go-over-on-the-first-date rule, but it's not to protect your chastity. Delaying it gives you time to figure out if you're both looking for the same type of relationship before you wind up more entangled.

But it's your brain—and not a seemingly arbitrary date number—that's the best guide. A University of Iowa study found that a more intimate evening early on in a



Boy
meets
modern
girl.

relationship doesn't doom it, as long as both of you are looking for more than a FWB. (Likewise, if what you both want is a regular fun call, then by all means, go for it.)

THE RULE: Never date a coworker.

BEND IT: Date a coworker...at your own risk.

We get it: When you spend three-fourths of your life at work, your chances of meeting someone there just might be better than meeting him in

the outside world. "Today, work and social lives blur together, so it's less taboo to date in the office," says Jeremy Nicholson, Ph.D., a psychologist who studies dating. (Proof: According to a Workplace Options survey, 84 percent of 18- to 29-year-olds say they would date a coworker; only 29 percent of 46- to 65-year-olds said the same.) Keep in mind that dating at work is one thing; running your own version of *The Bachelorette* is another.



Also, check your company's policies—some workplaces don't allow it.

THE RULE: You should focus on one guy at a time.

BREAK IT: Don't take yourself off the market prematurely.

"Until you and the guy you're seeing mutually decide to be exclusive, there's no reason to turn down other dates," says Atik. "It's actually smart to see other people because it keeps the pressure and expectations surrounding one person from

getting out of control."

You're not obligated to tell any of the guys that they're not the only man in your life provided they haven't asked or you haven't discussed it, since lying isn't a good idea either—unless, maybe, there's more than one you're more intimate with. Your best bet here, says Pamela C. Regan, Ph.D., a psychology professor at California State University at Los Angeles, is to have a grown-up conversation about the topic. ■

ONLINE PROFILES:

Do This, Not That

You're smart, cute, and (if you do say so yourself) super-fun to spend an evening with...so why aren't any great guys responding to your fabulous online profile?

You're likely making some common mistakes, says online dating coach Laurie Davis, the author of *Love @ First Click*. Here, she explains how to create a man-magnet write-up.

♥ Username

DO THIS: Mash up two hobbies or descriptors, like SportySmile or TravelBuff, or make up a clever word like Unconventionelle.

NOT THAT: Assuming you're not online dating to score one-night stands, stay away from even inadvertently seductive names, such as "HotChick" or "GoodTimeGirl"—you'll attract the wrong kind of guy. And nix the numbers; they make you look uncreative. (So, you're the 28th "runnergirl"?) Finally, for safety reasons, don't divulge your real name, first or last.

♥ "About Me" Section

DO THIS: Keep it brief—no more than three paragraphs. Guys should want to message you for more.

NOT THAT: Avoid describing yourself generically. You're not "fun." You "like hiking, beverage testing, and travelling overseas." (If this seems obvious, it's not: So many profiles are crazy-vague—and guys gloss right over them and move on.)

♥ Describing Who You Want to Meet

DO THIS: List three to five qualities that are important to you, but leave out what's essential in any relationship, like "honest" or "trustworthy." Stick to specific traits like "family-oriented" or "athletic."

NOT THAT: Don't be negative and list the qualities you're *not* interested in. It makes you seem close-minded and hung up on previous failed relationships.

♥ Photos

DO THIS: Use a head-and-shoulders shot of yourself as your first photo—what you look like will be more apparent in an initial search. Post four to six photos total, including a full-length one and an action shot. And if you can, wear red: One study found that men find women more desirable in this colour.

NOT THAT: Ditch all friends, pets, and kids (whether they're yours or not)—they can confuse or scare guys. You should be the only one in the picture.

LIFESTRESS SOS

Sometimes, staying on top of “life things”—be it sorting out a leaky washing machine, facing that “So, what are we?” moment in a relationship, or just trying to juggle your schedule to fit in everything from the gym, to your work commitments, to your friends and family (or simply deep conditioning your hair)—isn’t an easy feat in today’s constantly on-the-go-world. We get it. Which is why we’ve gone to the experts to help us figure out how to make sure even if we have 99 problems, these won’t be among them.

By Yi-Hwa Hanna

Let's face it: Being a grown-up isn't always easy. Whether you're in your 30s, 40s or 50s, the modern-day expectation for women to "have it all" has left many of us feeling like not only can we have and do anything—if only we put our minds to it—but that we're almost obligated to. With the rise of girl-power has come the rise of the superwoman, and with it, the expectation that we're all meant to have perfect hair, glowing skin, a great career, a fantastic relationship, and a killer wardrobe to dress our insanely fit bodies in.

This pressure to be "perfect" isn't restricted to grown women, either: According to *The Triple Bind*, a new book by University of California, Berkeley, psychologist Stephen Hinshaw, the imperative for teenage girls to be smart and successful, caring and sweet, and athletic and attractive, is leading the next generation of women to feel as though they need to be models of female perfection 100% of the time—and the stress this causes is leading to a mental health crisis. The empowerment of the modern woman has come at a price, and the burden of trying to manage the traditional role of our gender alongside the expectations of today has left many of us collapsing under its weight.

New findings from the University of California, Berkeley, also show that chronic stress can trigger long-term changes in our brain structure and function—leaving us more prone to mental problems such as anxiety and mood

Research shows that chronic stress can trigger long-term changes in brain structure and function, leaving us prone to mental problems.

disorders, not to mention learning difficulties. Intense chronic stress can also lead to physiological changes: According to researchers from the University of Kyoto in Japan, the increase in body temperature that can manifest from mental stress—known as psychological stress-induced hyperthermia—can lead to a condition called psychogenic fever, bringing about intense fatigue. Further research from the Ruhr-Universität

Bochum in Germany claims that exposure to permanent stress can even damage our immune system.

No matter how big or small your problems may seem, if they're leaving you constantly frazzled, don't ignore them. It's time to 'fess up to the fact that at times, the struggle of dealing with even the basic tasks of daily life is real... and that we could use a little help. We're here to get you started.

THE PROBLEM:

Your credit card debt seems to be spiralling out of control (not least because you feel like you need to always keep up with the Kardashians) and you want to start being responsible about clearing that up, but you don't even know where to start, and the bills just keep on coming.

TAKE CONTROL:

First things first: It's time to get your head out of the sand and face up to the facts. "Look at your credit card statement to start with, and see what your expenses are like. Differentiate between the necessities and "nice-to-haves." You have to be strong, however, so as not to fall into the social pressure traps of overspending. You will need

Feel like your life is piling up on top of you? It's ok to ask for a little help!



Salik, controlling your phone bills and even eating out less.”

THE PROBLEM:

You can’t afford to live on your own but your flatmates are driving you crazy and you’re too afraid to broach subjects like shared bills and dirty dishes to how noisy they are at night for fear of making the living situation too awkward.

TAKE CONTROL:

Banish the guilt, and don’t hesitate to set boundaries and be assertive about what you want with your flatmates. “As we value ourselves, we are to value and ultimately honour our own needs,” says Kelly Armatage, a Coach and Cognitive Behavioural Therapist and creator of A.S.K. (A Serenity Kit), a self-help guide designed to be a therapist in a kit (aserenitykit.com). “If people are overstepping the line or mistreating us in any way, we can choose to self-sacrifice and over-give by allowing them to do this, which will just create resentment and others taking us for granted. Or we can teach people how to treat us with respect, by setting a boundary and letting them know what we need.” Next time they do something that irks you, remind yourself that you have no need to feel guilty and that setting those boundaries is better for all of you in the long run, then calmly express your needs to them, so you can resolve the issue before it turns toxic, Kelly suggests.

THE PROBLEM:

The new guy you’ve been dating is great but he keeps putting pressure on you to commit to a more serious relationship—which you’re not ready for yet, especially with a time limit ticking.

TAKE CONTROL:

“There are different stages of couple relationships,” says Ebru Goksu, a Life, Relationship Systems and Personal Branding Coach

(unlockedpotentials.com).

Before we’re ready to commit to someone, we move through phases of readiness—where we obtain a clear vision of what we need and want in a partner or relationship—then attraction, Ebru explains. In the pre-commitment phase, we may ask ourselves, “Am I setting myself up for failure, is this a good choice, or is this the right relationship for me?” she adds, explaining that this transitional period can lead to feelings of anxiety, possibly even triggering relationship saboteurs such as bringing unpleasant past experiences to the surface. “We simply get edged-out when this big change happens in our life. This is very normal: We are being challenged, and that’s absolutely ok!” Ebru says. To help deal, she suggests first scanning your feelings, so you can be honest with yourself about what you really need. “[Ask yourself] meaningful questions: What do I want and need? What’s real about this relationship? What’s important to me? What’s possible? What’s holding me back? What am I scared of?” she adds. Most importantly, Ebru says, ask yourself what your vision is—an internal image of what you want for your life that will drive your energy, your wants and needs, and your choices. She also suggests having a heart-to-heart with your partner about how you feel, what you’re afraid of and what would shift things, and how they might shift, to help you explore what would be possible if you stopped fighting the changes.

THE PROBLEM:

You’re constantly plugged into social media and you find it almost impossible to switch off—both mentally and physically—whether it’s out of work obligations, peer pressure, or simply FOMO.

TAKE CONTROL:

“Calculate the hours per week [that] you’re spending on

Is your stress ball feeling the strain? Try a new tack!



distraction, as opposed to creation,” Kelly says. “If it’s two hours a day, that’s 56 hours a month of distracting, non-value activity. You could have written a few chapters of a book in that time, or formed a six-pack through exercise, or have been on the way to achieving some dream goals. Successful people limit their time on social media, because they are establishing successful, powerful and purposeful lives,” she says. Looking at how much time, energy and effort you put into it as a mathematical equation may make it easier to put things into perspective. While we love Instagram as much as the next girl, it’s important to draw a line between how much time we spend on it—

either posting about our lives or looking at other peoples’—and actually going out and living full lives of our own. Studies show it takes us about 21 to 66 days to form a new habit, so for the next month, try setting yourself a daily limit—instead of logging on to social media every single time you get on your phone, set yourself certain times of the day where you allow yourself to “check in”—and be aware of how long you’re spending online each time. If you need to, try setting alarms for when you can log in, and when you must switch off.

THE PROBLEM:

You haven’t had a raise in forever and know for a fact that you’re being paid less



We get edged out by big life changes. Ask yourself: *What do I want and need? What's important to me?* What am I scared of? /

that, you feel like it's literally impossible to switch your brain off, to the point where you're struggling to focus on everyday conversations or even fall sleep at night.

TAKE CONTROL:

Be honest: Are you over-committing yourself? Is there anything in your life that you could cut out? While in our quest to be superwomen, we all fall victim to trying to cram too much in, it's important to occasionally reassess what is actually essential, and what we can—or may need to—cut out of our lives. “This is a typical case of poor planning, lack of self focus and burn-out. Here, procrastination will come into play, as well as insomnia and low energy levels. It is essential to take regular breaks for self care,” Kelly says. When you feel like things are getting a little too much to handle, it's ok to let yourself take a break. Kelly suggests trying meditation, a little nap, journaling, a little walk, or some yoga. “Anything to detach the mind. Once detached, you will find your mind has the focus, energy and direction to re-commit to the to-do list,” she says, adding that removing tasks via delegation—it's also ok to admit that you can't always do

everything on your own—or taking a new approach to your scheduling and brainstorming for solutions for persistent issues can help lower your stress levels.

THE PROBLEM:

You're so busy that although you don't lack motivation—in fact, you're actually dying to hit the gym—you just don't have the time and are always so shattered that when you do make it, you have zero energy to even wash your hair let alone lift a weight. You're starting to feel like you are slowly watching your muscles atrophy, and feel more sad and resentful about it each day.

TAKE CONTROL:

We get it—when life gets busy, and you have to drop your six-times-a-week gym habit cold turkey, you feel like you're letting yourself down if you only work out once or twice a week, if at all. The key here is to make “Little but intense and often” your new mantra. Try drawing out two new workout regimes for yourself: One for “good times” and the other for “busy times.” When life allows you the time for it, you can enjoy the variety of activities that you normally do, from paddleboarding and boxing to swimming and the weights room at your fave gym. When you know you're about to hit a busy time of the month or year, switch over to your efficiency plan, where convenience and getting the most out of a short span of time—be it through High Intensity Interval Training, short and intense sprints in your workouts, or just hitting your building's rusty old gym instead of the fancy one you have a membership in—is the name of the game. Think of it like the power-saving mode when your phone is running low on battery. Schedule in a couple of workouts like you would appointments, and try waking up just 15 minutes earlier in the mornings to help fire up your metabolism for

than some of your peers—even if you've performed just as well as, if not better than, them...and it's making you lose motivation and your sense of self-worth more each day.

TAKE CONTROL:

“First, you have to understand that asking for a raise is very similar to asking someone to invest in you. Do you have a solid, convincing reason to support your case?” says Ambareen. Preparing an argument in favour of your salary raise is your first step, she adds. “Explain how you have added value at work and why you are indispensable to the company. List all of your major achievements and demonstrate how you have put your skills, judgement and expertise into action

to overcome challenges.

If you can quantify your accomplishments, that's even better—especially where revenue or savings are concerned,” she says, adding: “To make an even stronger case, look at what pay rates are for jobs similar to yours and you can then prove that you are underpaid by market rates. Be confident and rational when approaching your superiors, and use a logical approach to your request. A major factor that affects your credibility is how much you believe you deserve that promotion or raise.”

THE PROBLEM:

You have what seems like a constantly never-ending to-do list, and as a result of

the rest of the day. Even squeezing some squats into your lunchbreak can help maintain your fitness levels, so that when you *do* have the time to pick up on your more regular routine again, it won't feel quite as intimidating. And when you do have the time to fit in your regular workouts, give them your all!

THE PROBLEM:

Dealing with paperwork and bureaucracy in this region can be a nightmare. Fact. But when you need to move house, buy a new car, renew your visa, and set up your DEWA account all in the span of a couple of months, it feels like you're drowning in an avalanche of the stuff—not to mention you don't know how you'll get it all done without taking a week off work to do so. You wonder, how do other people do this?

TAKE CONTROL:

"By allowing this paperwork to mount up over time, you will create a task that is just overwhelming. Manageable ten minute tasks daily of admin, filing [and so on] will keep things easy and do-able," Kelly says. "Another good mindset to have with arduous tasks is to mantra to ourselves 'I love doing paperwork,'" she continues, explaining: "As we repeat this statement over and over, we can actually approach the job in an emotional state of joy and perform the task at hand with flow. Any task can feel wonderful, if we have a positive emotional state and are living fully in the moment." To make sure things don't pile up with a

non-negotiable deadline unexpectedly, sit down with your organiser every few months and write down key dates to remember—with a reminder in advance. Know you need to have your car serviced in June? Write in a first reminder for early May, then a second reminder just before, so you can plan it into your schedule. Got an impending move when you know your visa runs out at the same time? See if you can switch one of them to be earlier, or try to book time off work to deal with it in advance. If even that's not possible, try to ensure you keep all other distractions during that hectic week to a minimum so you have the energy to deal with them.

THE PROBLEM:

You enjoy cooking and are beyond sick of ordering in deliveries night after night, but simply don't have the time to cook by the time you've left work, battled traffic, and hit the gym, let alone go out and buy some groceries. Are you doomed to takeout forever?

TAKE CONTROL:

Don't fret—just find a middle ground. Rather than setting yourself expectations of whipping up a Pinterest-worthy dinner each night, a solution that involves a few shortcuts is more realistic, and totally ok. Save the fancy dinners for another time, and pick easy recipes that involve just a few ingredients, or only one or two pots and pans to wash up so the overall effort feels less monumental. Don't have time to hit the grocery store? Many supermarkets



offer to-your-door delivery services that allow you to order online—try supermart.ae, grocery.geantonline.ae or trolley.ae. If you're in need of speciality items, ripeme.com, biorganicstore.com and glutenfree-supermarket.ae all offer online ordering and a home delivery service. Alternatively, why not try out one of the super-convenient home cooking delivery plan services? Companies such as CookABox.com and DinnerTime.me can send you a box containing all of the ingredients you need to make a delicious, nutritious and home-cooked meal, with even the portion sizes already measured out. You can order as many portions as you need, and can opt for either a one-

time meal or a week's worth for a truly no muss, no fuss home-cooking solution.

THE PROBLEM:

Your life is scheduled down to the minute, to the point where every time you're driving around in traffic—usually late—you feel like you're having a heart attack. How do you keep calm and still keep all the balls you're juggling in the air?

TAKE CONTROL:

"Audiobooks on self-development subjects are wonderful to have in the car to keep our minds motivated, calm and focused. It is also a great way to rewire the mindset, emotional state and behaviours. At times we will be late and at times things will not go according to plan. But,

At times things won't go to plan. But learning peaceful, self-forgiving and non-stressful reactions to life's external 'stuff' will take you a long way.



Drowning in mounds of paperwork? Just take it one step at a time.

if we are going to react with stress every time, we are just sweating the small stuff. Learning peaceful, self-forgiving and non-stressful reactions to life's external 'stuff' will take us a long way," Kelly advises. Next time you're stuck in traffic during a manic day, try putting on a calming audiobook or choose music that you know will ease your frazzled nerves, and take a few deep breaths. Our bodies react to stress and anxiety with a "fight or flight" system that leaves us hyper-alert with an increased heart rate, and research shows that practising tried-and-tested relaxation techniques can reduce stress by lowering blood pressure, slowing our heart rate and increasing

blood flow to our major muscles. Try and visualise some peaceful mental imagery, and inhale as deeply as possible through your nose, feeling your chest expand with it, before exhaling slowly through your mouth. Repeat this a few times until you feel calm.

THE PROBLEM:

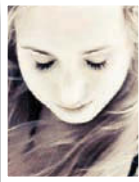
A lot of your friends have gotten married, and while you're super happy for them, you've started to feel like a third (or 5th, or 7th...) wheel when you go out with them. Their constant barrage of questions about your love life—which seems like the only part of your life they're interested in hearing about—makes you feel like until

you're coupled up, you're not of as much value to them anymore. This isn't only hurtful and frustrating, it also makes you feel like you've turned into *Bridget Jones*. You're happy with your fabulous single life, and are tired of feeling like you have to constantly defend it around them—and you're wondering why they seem to go out of their way to make you feel like you no longer fit in with them now that you're not part of the "married club."

TAKE CONTROL:

As much as you may be dreading it, try talking to your friends about how they're making you feel—if you don't feel comfortable doing this with them as a group, then try speaking to each couple

individually. If they still don't get it, it may be time to reassess whether the friendship is worth the negative energy. "If the 'married club' cannot accept your single status, find it a threat, or are placing conditions on you in any way, it's time to join a new club," says Kelly. "If you truly are proud of your single status, then you will naturally emit that to others and you can easily move away from those that judge you. High self-esteem individuals have acceptance for themselves and others, no matter what state other people's lives are in. So go ahead and find a club of friends that celebrate your relationship status and you, no matter what," she says.



CAMILLA ARGENT
PROFESSIONAL FREEDIVER, 26

BEEN THERE, DONE THAT... FREEDIVING

Able to stay under water for minutes at a time without the help of breathing apparatus, freedivers are as close as it gets to real-life mermaids

I'd grown up scuba diving as a kid but wasn't until I fainted one day coming out of a university lecture that I really thought about freediving. I visited a doctor and he told me I was fine but that I had a low resting heart rate and commented that I'd make a great freediver! That prompted me to give the sport a go, so I joined a local club and started training in the pool a few times a week.

It was really an accident that it turned into my profession: I was on a university field trip to the National Aquarium in the UK and, during a chat with the director of conservation, he happened to mention that they were looking for a freediver to stunt double for a show about Rapunzel—would I do it? After that I started being asked to work on lots of different projects such as films and photoshoots, and then I came out to the UAE to perform in underwater shows as a pearl diver and a mermaid, complete with sequin tail. I'm also a freedive pool instructor.

I can hold my breath for just under 5 minutes—the average person can manage about 30 seconds. It takes a lot of training to achieve this and can be dangerous to try without it! My training is split into dry and wet sessions. A lot of the breath training



To learn more about Camilla, visit her website at camillaargent.com.

can be done dry: It's all about learning to control your breathing, slow down your heart rate, and relax your body and mind so that you can hold your breath for longer. In the pool I focus on adapting my body to high levels of carbon dioxide in the blood, as well as honing my finning technique—how I move through the water—using different swim drills, such as surface sprints followed by

slow underwater lengths.

The biggest challenge for me is the same as the greatest reward: Being able to focus my mind. So much of freediving is about learning to be relaxed, to keep your mind and body still. Freediving has taught me how to focus in a way I could never have imagined, but it's still something that doesn't come easily for me. If I'm doing a film or a photoshoot, I have to alter my breathing so that I'm in an almost meditative state but also stay aware of my environment—if there are corals or fish or even sharks to watch out for—and then pull off the best performance I can while keeping the water out of my

sinuses and my eyes open!

Freediving is the antithesis to all the other sports I do—I'm training to be a stunt woman, so I do a lot of intensive gymnastics, trampolining, diving, kickboxing and swimming. And I love going wakeboarding or stand up paddleboarding with friends. But the feeling you get being underwater without the need to breathe is the most amazing feeling of relaxation and pure freedom—from stress and worry, and even the pressure of gravity. Your body becomes like liquid, part of the water. And don't all young girls dream of being a mermaid? I'm so lucky that for me that dream came true! ■

I can hold my breath underwater for just under five minutes—the average person can manage about 30 seconds.

Release Self-Doubt

1

Embrace moments of doubt.

There will be stretches when it's tough to present a self-assured you, but those times aren't always negative. If you're not certain about something, it might mean you should reach out to a person you trust for advice. I'm never 100 percent convinced my vision is the best one. When you have doubts, embrace and investigate them, and then move forward.

2

See beyond the setback.

When faced with an obstacle or uncertainty in your abilities, use it as an opportunity to grow your talents. I left the comfort of a secure position in business consulting to start my company, risking my career in an area that I had little experience in. But by shifting my thinking from being scared ("I can't do this") to being enthusiastic ("I can figure this out"), I progressed.



Caroline Ghosn is the CEO and cofounder of Levo League, a social network dedicated to elevating the careers of Gen Y professionals. Visit levoleague.com.

No matter how much you've achieved, everyone questions themselves from time to time. Use this advice to shut down "imposter syndrome" and reclaim your confidence.

By Caroline Ghosn



3

Find a mentor.

Mentors build confidence, according to research. And confidence kills imposter syndrome. Snagging an advisor isn't as daunting as it may seem—just ask. You can't expect someone to come find you! But before you do, remove all expectations of what this person looks like. Mentors come in all shapes, sizes, genders, and levels of experience. The key is spotting someone with magnetic leadership qualities and an aptitude for helping those who are following in their footsteps.

4

Never aim for perfect.

That will guarantee failure almost every time. Be the best you can be, but acknowledge that you will make mistakes, and then know which errors to let go of. There will be typos in emails, meetings you are late for, daily to-do lists that don't get completed. Cut yourself some slack and, more important, reward yourself along the way. It's crucial to stay focused on overarching goals, but it is equally necessary to celebrate the small wins, too.

"Hasn't anybody else noticed that I don't belong here?"

Imposter syndrome, or feeling like a fraud at work, at home, or anywhere else in your life, will probably affect you at some point. A lack of trust in one's abilities and achievements is far more common among women than men. Research has shown that as women, we're more inclined to listen to this voice. At 25, when I started my own company, a social network that helps women elevate their careers, I faced self-doubt (along with plenty of naysayers). I learned to be resilient—to acknowledge and push aside the self-questioning I routinely engaged in. Two years later, it happens less frequently—but when it does, these four tips help keep my motivation, productivity, and belief in myself high.

April

We've got your social calendar covered

Commitment Issues

Love yoga, not so keen on commitment? Inspire, Dubai's newest yoga and pilates studio, is your new BFF: You can pay for packages of classes rather than signing away on a year's membership. A week of unlimited classes costs just Dhs100, while a month is Dhs300. And whatever your flow, they've got a class for you. For more info, check out inspiremeyoga.net.



Local Flavour

So you live in the United Arab Emirates but you've never tasted Emirati food? It's an oddity in this country that authentic local restaurants are hard to find but once you do, you won't look back. Luckily, sampling the secrets of Emirati cuisine has been made a little easier by the opening of Al Fanar Restaurant and Café at Town Centre, Jumeirah, with a menu crammed with traditional favourites. For reservations call 04 344 2141.



The Life Aquatic

Treat yourself to an extra-special afternoon tea at Atlantis's underwater dining destination, Ossiano. Nibbling on lobster eclairs and cakes, soothed by the sounds of live acoustic guitar, while you watch sharks swim by? Not even tea at Buckingham Palace could compete. Afternoon tea is served every Saturday from 2-5pm, with non-alcoholic packages starting at Dhs295. To make a reservation, call 04 426 0000.

Desert Warriors

If you want a fitness challenge that'll push you physically and mentally, it doesn't come much tougher than Desert Warrior. The Middle East's grittiest obstacle course race will be held across Abu Dhabi's Yas Marina Circuit this year, giving contestants the chance to cool off in the water after punishing their bodies over 10k of obstacles. Not for the faint-hearted, the Desert Warrior Challenge takes place on 24 April; registration is open at yasmarinacircuit.com.



Girls Allowed

If you haven't joined the UAE's cycling movement yet, now's the time: the Middle East's first ever women-only bike store has opened in Al Wasl Road's new Box Park. Liv Store was opened last month by Bonnie Tu, the "grandmother of cycling," and offers bikes ranging from road to mountain models aimed at beginners to old hands. And the coolest bit? It's managed entirely by women, right down to the engineers. Now that's what we call girl power. For more information, visit facebook.com/LivCyclingME.

YAS WATERWORLD LADIES NIGHT

Forget the bars and grab your girls for ladies night with a twist at Yas Waterworld, with its illuminated wave pool and acrobatic dancers. From Dhs225; yaswaterworld.com.



In Season

Garlic: There's nothing these little bulbs can't do! From boosting your immune system and lowering blood pressure to packing a vitamin-rich nutritional punch, add it to your favourite foods now.

WHERE TO BUY

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ASK THE GUY NEXT DOOR

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SCOOP: BEAUTY

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BEAUTY SPY

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FITNESS SPY

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YOU LOSE, YOU WIN

PAGE 49

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organicfoodsandcafe.com
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GLUCOSE NATION

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FOOD SPY

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SHOP YOUR SHAPE

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HAVING A MOMENT

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FITNESS LOOKS

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SECRET GARDEN

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TECH TALK

Get Juicing



There are few things more frustrating in the modern day than trying to reach for your phone only to discover that the battery is dead. Again. This nifty device makes sure that's not an issue: Like a supercharged

outfit for your phone (including iPhones, Samsungs and HTC's), slip this onto your smartphone and not only will it act as a protective, lightweight case, it'll also provide enough juice to make sure your charge can last up to 2-3 days, with at least 100% built-in extra battery power. **Mophie Juice Pack, from Dhs294, mophie.com**



Move It

Consider the Move the UP3 band's cute little cousin: A little less well known, but very clearly of the same family. This adorable device comes in fun colour schemes that you can mix and match, and while you

can wear it as a bracelet, we love the clip-on option as it's easy to hide under clothes —outfit clashes need never be an excuse not to keep track of your levels again. The simple LED display, easy mode-switch and clever app are user-friendly while a Smart Coach function keeps you motivated (and going to bed on time), and the included, replaceable battery lasts up to 6 months. If all you need is to track movement and sleep, this is your new BFF, and at a steal. **Jawbone UP Move, Dhs219, jawbone.com**

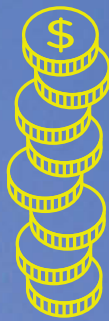


Instant Joy

Let's face it, as much as we love our instant cameras, most of the time we still wind up using our beloved smartphones to snap pictures. But what's a girl to do when she loves having an actual

photo in her hands? Enter Fujifilm's Instax Share: A portable smartphone printer SP-1 that can wirelessly print images from any Android or iOS tablet or smartphone, in just three simple steps, so you can print anytime, anywhere. Get ready to take your Instagram feed beyond your phone screen. **Fujifilm Instax Share, Dhs699, fujifilm.com**

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Play Things Safe



Have a Great Stay!

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WHEN YOU ARRIVE:



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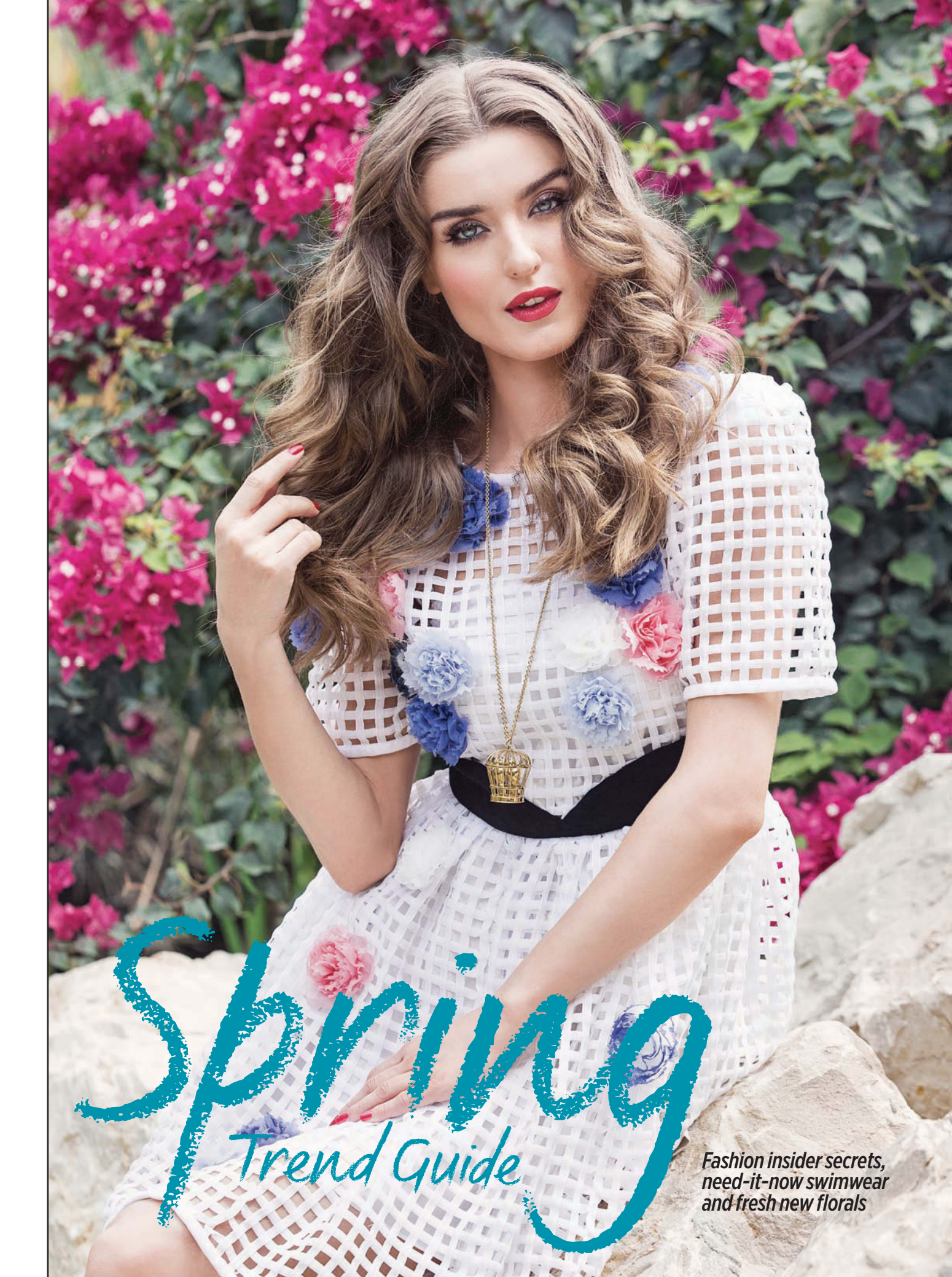
Consider the Alternative

TWO TIMES A HOTEL OR A HOSTEL MIGHT BE A BETTER BET:



WANNA EARN SOME EXTRA CASH FROM YOUR PAD BACK HOME? TRY THESE TIPS FROM SCOTT SHATFORD, AUTHOR OF THE AIRBNB EXPERT'S PLAYBOOK: SECRETS TO MAKING SIX FIGURES AS A RENTALPRENEUR.





Spring

Trend Guide

Fashion insider secrets,
need-it-now swimwear
and fresh new florals

LEAFY LAYERS

Modern-day florals aren't restricted to the bloom: Layer on leaf-inspired graphic prints with sassy textures for a fresh take on garden chic.

This Page: Leaf Print Top, Dhs350, COS. Fringed Leather Skirt, Dhs1,204, BCBG Max Azria. Clutch, POA, M Missoni. Bug Bracelet, Dhs465, Patrizia Pepe. Set of Rings, Dhs475, West L.A.

Previous Page: Dress, Dhs3,030, Sretsis at S'uce Boutique. Birdcage Necklace, Dhs440, Kate Spade.

Secret Garden

With spring comes florals, and whether you like them bold, tropical, romantic, or you like to layer them on like a bouquet of colour, we're here to help your style hit full bloom this season

STYLING BY Gemma Jones

PHOTOGRAPHY BY Ausra Osipaviciute



TAKE THE LEAP

This ain't your grandmother's twinset: Take a full-body floral look into the future by opting for a fierce jumpsuit and pair with a wild kimono for added oomph.

Floral Jumpsuit, Dhs379, Miss Selfridge. **Kaftan**, POA, Adriana Iglesias. **Collar Necklace**, Dhs520, BCBG Max Azria. **Stilettos**, Dhs2,070, Stuart Weitzman.



DIGITAL ROMANCE

Hark back to the English countryside while keeping things firmly city-bound by teaming a sweet print coat with sugary pastels and a digital-print matching set.

Printed Coat, Dhs1,495, Ted Baker. **Crop Top**, Dhs790; **Body Con Skirt**, Dhs790, both BCBG Max Azria. **Secret Garden Clutch**, Dhs1,430, Braccialini. **Earrings**, Dhs195, Bebe. **Filly Socks**, Dhs20, Topshop. **Stilettoes**, Dhs3,500, Christian Louboutin.

FLOWER POWER

Floral prints don't always mean dainty: Turn the print into a look fit for any power woman in bold colours and killer heels, ramped up with quirky-cool accessories.

Dress, *Dhs1,160*, Clover Canyon at West L.A. **Earrings,** *Dhs1,262*, Philipp Plein. **Hand Chain,** *Dhs95*, Bebe.

Flower Pot Bag, *Dhs1,530*, Kate Spade. **Stilettoes,** *Dhs3,690*, Christian Louboutin.





GARDEN PRINCESS

Make a matching set is your new weekend go-to, then toss on a statement necklace and dainty headpiece for a look that will rule the roost.

Crop Top, Dhs530; **Skirt**, Dhs750, both Patrizia Pepe. **Necklace**, Dhs595, Ted Baker. **Floral Headband**, Dhs360, Athena Crow at West L.A.



BOLD AND BRIGHT

For an outfit that will take you from the boardroom to drinks, a fitted pencil skirt with a sexy silky top never goes wrong—especially when you add in accessories designed to turn heads at every angle.

Camisole, Dhs510, Finders Keepers at West L.A. **Pencil Skirt**, Dhs715, L.K. Bennett. **Corset Belt**, Dhs240, BCBG Max Azria. **Floral Clutch**, Dhs1,530, Kate Spade. **Sunglasses**, Dhs1,590, Chloé at Marchon. **Embellished Heels**, Dhs1,995, Dolce&Gabbana.

BLOOMIN' GORGEOUS

Be the queen of your own secret garden by embracing ultra-feminine fabrics like lace and sheer panels, a dramatic skirt with a flowing train, all topped off with a rosy crown.

Lace Crop Top, Dhs2,530, Anaya at S*uce Boutique. **Floral Maxi Skirt**, Dhs10,500, Dina JSR. **Floral Headband**, Dhs360, Cult Gaia at West L.A. **Rings**, Dhs1,022, Monica Vinader at Net-A-Porter. **Stilettos**, Dhs4,900, Sergio Rossi.

Shot on location at The Farm at Al Barari; visit thefarmdubai.com or call 04 392 5660 for more information or to make a reservation.

Hair and Makeup: Lorna Butler at Bareface, using Davines and Clarins products. **Model**: Rene Bat Bareface.

NIKE's Design Director for Global Women's Training, Jamie Lee, on...



Stylish Sport

Activewear has moved from the gym to the busy woman's everyday wardrobe essentials—but how does fashion influence sportswear, and vice versa?

AT NIKE, WE BELIEVE

that "If you have a body, you are an athlete." When it comes to activewear, we feel like well-designed, functional items that you can live and move have just become a part of our lifestyle. We know that women nowadays are into so many different types of workouts, so there's a seam-less mix between training, running and sportswear—and how we choose to mix that up just becomes part of our expression and lifestyle. It's things we can live in, and that's why style is important—it becomes part of the performance. When it comes to finding a balance between science, function and beauty, we know that you use these products for more than just inside the gym or while you work out—plus, you'll wear it more if you feel good!

We start with our athlete or consumer insights, where we're essentially trying to solve a problem. What benefit do we want to go after? That leads the design and the innovation in how we want to combat that problem. In the summer, we know it's hot outside and that you want to stay cool, so we use lighter weight materials and mesh where you need it—that informs the material choices for us. Then we also look outside: We travel the world to get inspiration, not only from fashion but also from architecture and what's happening in pop culture, to inform the latest story. We also look at different types of workouts. Trying all of them is exciting for me; it really gets us thinking about how the body moves.



JAMIE'S WORK IN ACTION ON POLISH NATIONAL KARATE TEAM ATHLETE, ANNA LEWANDOWSKA

We work so far in advance that we can't depend on trends, so we really have to rely on the innovation. We have a special innovation team who works on projects that are way out in the future, blue sky thinking that really informs how we think about the future and how we design products. For inspiration, we look to women who are bold, modern and confident—a role model who empowers other women—because that's who we feel our NIKE girl is. We love women who are strong and determined, and who don't give up.

When it comes to the influence between fashion and sportswear, it's a give and take—I think we look to each other for inspiration, but sport is definitely trending in the fashion world. Because we design with innovation and the athlete insights in mind, that really leads the design aesthetic, so I sometimes feel like we lead fashion in terms of the innovations we make and materials we use. We know we're giving you those benefits you can use in your everyday apparel as well. That's something fashion can take from sport, and technology is a huge part of that. I think the sport luxe trend is here to stay—it's part of our lifestyle. My favourite thing about what I do is the initial creating and getting really geeky about the innovation; it's exciting. To see it end up on real women and athletes, and when they talk about how our products make them feel, it's the best feeling!

SMART DESIGN

Where every single feature has a clever function in mind...

For Women, By Women

Our training tights have a higher waistband because we know when you're doing squats or anything involving bending over, you want to be covered, so we think about how that's moving with your body.

All In The Details

Details are important—running tights may have a storage pocket in the back with a zip, whereas for training you might not want to put things there because if you're doing floorwork that might be uncomfortable.

The Right Fit

We offer various tights lengths because it depends on personal preference, and we also offer extended sizes like extra-long for taller people, as well as Asian sizing, so you can find what you need.

Zip It Up

Add some edge to your fitness kit with funky fastenings in all the right places. You've got this zipped up!

Sheer panels, chunky zip and a tropical print: This bikini's got it all. Suboo at Moda Operandi, Dhs680.



Who says sports bras should be done up from the back? Vie Active at Sivvi, Dhs300.



Zingy blue, black mesh, and a side zip for good measure. Alala at Bloomingdale's Dubai, Dhs725.



Functional and sexy? Stella, we love you. Adidas by Stella McCartney, Dhs423.



Colour block like a pro in this too-cool hoodie. Bebe, Dhs395.



Keep it ice cool in this ventilated gilet. Lorna Jane, Dhs350.



Is it cheating to call this a "zippy" print? Cos these trainers are too cute to pass up! Le Coq Sportif, Dhs603.



Work old-school Bond girl glam in this sexy swimsuit. Duskii at Net-A-Porter, Dhs1,089.



Chuck your stuff in a super-cute marbled backpack. Marc By Marc Jacobs, Dhs1,050.



Jackets don't come more sports luxe than this mesh batwing number. Michi at Sivvi, Dhs900.



Keep your phone and keys close with a zippered pouch. H&M, Dhs59.

HAVING A MOMENT: *Pastel Fresh*

These aren't your grandma's pastels: This spring's powder hues pack a punch, with parma violet purples, dusty pinks, pops of blue and yellow, and glints of rose gold



Flared Crepe Dress, Bebe, Dhs630.



Pouch, Lacoste, Dhs227.



Faux Fur Gilet, River Island, POA.



Jade Bracelet, Jigsaw, Dhs199.



Longline Jacket, COS, Dhs320.



Flat Espadrilles, Tory Burch at Bloomingdale's Dubai, Dhs740.



Neoprene Dress, Alice McCall at Moda Operandi, Dhs1,451.



Watch, Omega, from Dhs29,700.



Box Clutch, L'Afshar, Dhs3,220.



Bag, New Look, Dhs99.



Rose Gold Watch, Karen Millen at Hour Choice, Dhs900.



Wedges, Christian Louboutin, Dhs5,390.



Floral Blouse, Koton, Dhs99.

... SHOP *your* SHAPE ...

Swimwear

You've put in the gym time, slapped on some fake tan; now get set to *own* this beach season in your sexiest, most flattering swimsuit ever



Pear

Boost your bust with a structured padded top and slim hips with broad, fold-over bottoms. **Bikini Top**, Dhs105, New Look. **Bikini Bottoms**, Dhs135, Panache at TKD Lingerie. **Sandals**, Dhs495, Clarks. **Sunglasses**, Dhs129, River Island. **Beach Bag**, Dhs125, New Look.



Apple

Tuck away troublesome tums and score style points in an on-trend high-waisted two piece. **Bikini Top**, Dhs85; **Bikini Bottoms**, Dhs75, both New Look. **Cover-Up**, Dhs425, Maaji at Sivvi. **Sandals**, Dhs475, Vince Camuto. **Sunglasses**, Dhs59, H&M.



Boyish

You've got two choices: Add curves with padding, ruffles and feminine details, or go ahead and flaunt your gamine bod in a sporty bandeau bikini. **Bikini**, Dhs210, StellaSport by Adidas. **Shower Gel** in Cool Amazon Rain, Dhs60, Bath & Body Works. **Pool Slides**, Dhs149, Birkenstock. **Sunglasses**, Dhs800, Italia Independent at BySymphony. **Shopper**, Dhs420, Vince Camuto.





Bigger Bust

Don't settle for less than full-on support, like this underwired bikini top that goes up to a K-cup. **Bikini Top**, Dhs255; **Bikini Skirt**, Dhs210, both Panache at TKD Lingerie. Crochet Cover-Up, Dhs179, H&M. Sunglasses, Dhs1,007, Miu Miu at Net-A-Porter. Flip Flops, Dhs140, Havaianas at The Dollhouse.



Athletic

On swimmer's shoulders, avoid skinny spaghetti halters and opt for sexy cut-out details. **Bikini**, Dhs1,028, Adriana Degreas at Moda Operandi. Flip Flops, Dhs140, Havaianas at The Dollhouse. Kaftan, Dhs1,765, Elizabeth Hurley Beach at Harvey Nichols. Sunglasses, Dhs1,005, Burberry Eyewear.



Flat Chest

In the Itty Bitty Committee? Add oomph to your bust with flirty ruffles. **Bikini Top**, Dhs95; **Bikini Bottoms**, Dhs49, both New Look. Sun Hat, Dhs525, Sensi Studio at Net-A-Porter; Sunglasses, Dhs1,608, Fendi, both at Net-A-Porter. Kimono Cover-Up, Dhs425, Maaji at Sivvi.



One of the first—and only—fashion blogs to offer posts in both English *and* Arabic, Dubai-based blogger @zahralyla is a graphic designer by trade and a fashion-lover by passion. Visit Lyla Loves Fashion at ljalovesfashion.com.



It started as a fashion blog, and now blogger @thefierce_nay's online home has become part fashion inspiration, part wanderlust zone as she documents her travels around the world. Visit thefiercediaries.com.



With heaps of style, sass and a fair few cute cat photos, plus-size blogger @weeshasworld is living proof that chic comes in every size. We love her playful approach to accessories and her ever-changing hair. Visit iamweesha.com.

Fashion #Inspo

There's no denying it: The Middle East is fast becoming one of the hottest fashion hubs in the world. As the GCC's fashion industry makes its mark, style bloggers have followed suit, from fresh and fierce ways to wear the latest trends to flat lays to make any girl drool. Here are some of the regional ladies that are worth a click...



A Mauritian-Australian blogger and stylist based in Dubai, @lebrasseacoeur makes travelling the world (and looking super chic while you do it) look easy—even when she's pregnant. Visit lebrasse.com.



A magazine Group Fashion Director by day and uber-fashion-blogger by night @estherquek—hailing from Singapore and based in Dubai—is always effortlessly cool and is one of our biggest girl crushes. Visit estherquek.com.



Originally Syrian and brought up in Dubai, @myfashdiary knows the city like the back of her hand. Alongside snaps of her minimalist style, you'll find Dubai's best beauty treatments and tasty bites. Visit myfashdiary.com.

ascia_akf



Kuwaiti blogger and designer @ascia_akf is never seen without her signature turban. If you're looking for tips on chic but modest style, look no further—she's got it nailed. Visit her blog at the-hybrids.com.

reemkanj



@reemkanj is better known as one half of Dubai- and London-based blogger sisters Five Five Fabulous, and her feed is crammed with style, envy-inducing travel snaps and on-point workout gear. Visit fivefivefabulous.com.

buynowbloglater



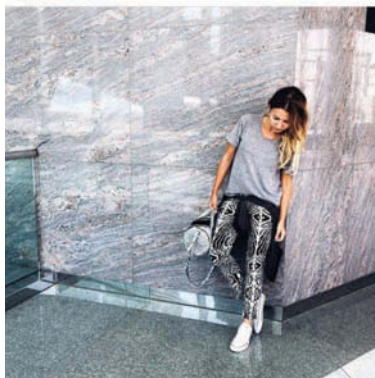
In case you hadn't guessed from the Insta handle, @buynowbloglater is *the* destination for vicarious shopping, and its author simply oozes refined Dubai glam (with a great sense of humour). Visit buynowbloglater.com.

egith



When she's not uploading fabulous street style shots or blogging about healthy eating, model @egith provides a glittering glimpse into Dubai's fashion industry and its glamorous party scene. Visit iggyvand.com.

styledrifter



Labelling herself a "style and wellness blogger, occasional columnist and ocean lover," Teresa from @styledrifter is a fashion stylist, fitness fanatic and bonafide beach-life advocate with an eye for sequins. Visit styledrifter.com.

shoestovainstyle



A Dubai-based lawyer—yes, a lawyer—by day, socialite, clothing designer and magazine editor Natalia's feeds at @shoestovainstyle offer a glimpse into her captivating lifestyle. Visit shoestova.com.

bettnamicu



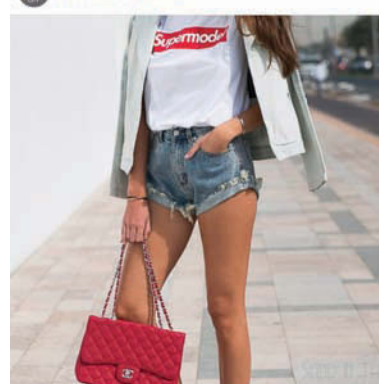
With her undeniably youthful feminine flair and penchant for a few well-placed stand-out accessories, blogger @bettnamicu has a stylish future ahead of her. Visit heelsindubaisand.blogspot.ae.

theoverdressed



The trendsetter behind @theoverdressed, Bahraini beauty Dana is an ideal showcase of modern elegance with a touch of cultural flair (not to mention a taste for lust-worthy luxury jewellery). Visit theoverdressed.com.

sandinthecitydubai



Could this become the Middle East's answer to The Sartorialist? Not your typical fashion blog, @sandinthecitydubai is a go-to click for the kind of urban-chic street style that displays our city's soul. Visit sandinthecity.net.



Fashion Insiders

Behind the glitz and glamour of the fashion world are the pros putting in the hard graft. From designing next season's star collections to shooting the stories that showcase them and orchestrating dazzling catwalk shows, these are the people making fashion happen...

By Hannah Bass



THE DESIGNER

AMANDA NAVAİ

I always wanted to be an entrepreneur and have a business of my own. When I first moved to Dubai, I thought about opening a coffee shop or a sandwich delivery service, but I never worked up the confidence to do it. After I graduated I ended up working for the Chalhoub Group as a marketing executive launching beauty products and learning about business. The turning point came when I met Sahar Hashemi, who founded Coffee Republic in the UK. She came from a similar background to me—Iranian but brought up in Europe—and she really inspired me with her message that anyone can do it: You don't have to reinvent the wheel, you just have to improve it. I thought about what I knew best—shoes and handbags! Then I thought about how I could improve them. I remembered a pair of jeans I'd had for years, which were reversible, and wondered if I could do that with bags. So my first collection was a range of reversible clutches, with a classic colour on the outside and something crazy on the inside. I still had a day job but

one day I was carrying one of my bags at an event and it was spotted by a woman with fashion connections. My bags ended up selling out at the first trunk show she set up for me, and I realised I was on to something but wouldn't be as successful as I could be unless I put all my effort into it. So I quit my job and started educating myself, taking courses at Central Saint Martins. One of a designer's most important skills is to have a sense of what's happening in society—four seasons ago I launched my Ramona handbag [above], inspired by 70s architecture in Beirut, where I live on and off, and now triangles are a huge trend. I'll think of my story, put together mood boards, do some simple line drawings and then develop them into patterns on the computer—a handbag can have up to 40 different parts—before taking them to my factory. There's a lot of rejection in the industry as buyers will see 200 brands at a time, and it can be hard to shrug it off, but the 'wow' moment when people react to my designs makes it worth it.



THE MODEL

JESSICKA CHUDASMA

I never thought I'd end up a model. My plan was to finish school and head to university, but I was discovered by an Indian designer and started modelling in Mumbai. I wasn't sure at the time whether the

industry would like me or, indeed, whether I'd like the industry, but luckily it worked out and I've been worked for some amazing people and brands such as Carolina Herrera, Sonia Rykiel and Valentino. Meeting and spending time with Olivier Rousteing, the creative director for Balmain, was a real career highlight—he's such an inspiration, and a kind man. And seeing myself on a huge

billboard on Sheikh Zayed Road was amazing! I've since used my industry knowledge to found The agenC, a talent agency that provides everyone from models to photographers. Working with truly creative geniuses—whether that's designers, hair and makeup artists or photographers—has got to be the best part of the job, and I've learnt so much from all of them. The worst part? The rejection. When you

go to a casting and you aren't selected, it's hard not to start thinking of all the reasons why. The days can be long, too—just hair and makeup can take up to three hours if it's an elaborate look! But after all that, walking out on stage at the shows is an incredible feeling. To anyone trying to get into modelling, the best advice I can give is to stay healthy, sleep well, work hard, be professional and never give up.



THE MAKEUP ARTIST

LORNA BUTLER

Initially, I wanted to be a fashion designer. From the age of ten I was sewing clothes and I always loved art and jewellery. While I was still at school I took an evening job in a salon and that's where I fell in love with the hair and makeup world. I started entering hairdressing competitions and winning prizes and took it from there—I went on to study hair and makeup, then moved to London where I took a course in fashion makeup with Ruby Hammer. So it was a bit of a mistake, but one that's sent me around the world doing loads of cool stuff, like doing Yohji Yamamoto's Paris Fashion Week show or going on tour with Emeli Sandé. The fashion is really tough, however—it's definitely not as glamorous as people think! You need to be focused and driven and try not to lose yourself. Hair and makeup, in particular, is also a very intimate job and you need to be good at feeling people out—you end up being a therapist as well as a makeup artist, as your job is to give your subject confidence. The work is really varied, which I love—I couldn't be locked into a 9-5. If I'm working with a celebrity, I'll research their style and personality so I can create looks that work for them. If it's a high-end fashion shoot, I need to make sure I have everything in my kit, from hairpieces to special eyelashes, so that I'm prepared for anything and the day will run smoothly. Constantly meeting new people and visiting new locations keeps me fired up, but the days can be very long! As much as it's an exciting job, finding myself working on a commercial in the hot, sweaty desert for 18 hours straight is far from glamorous!



THE STYLIST

GEMMA JONES

I studied fashion and textiles at school and was determined to become a fashion buyer. My first job after university was as a buyer for a ladies fashion catalogue and I soon realised it wasn't for me—I hated the maths! But having to shoot everything for the catalogue introduced me to styling and I decided to study for a fashion styling and then colour training diploma. I also started building up my work experience by assisting stylists on shoots all over the UK, which proved invaluable for getting my first job in a team that conducted styling workshops in malls across the UK. I've since been lucky enough to work on some great projects such as London Fashion Week and styling VIPs like Isabeli Fontana. More personal highlights have included holding styling workshops for people suffering from illnesses that changed them visually, for people in remission from cancer or who had colostomy bags fitted. Watching them regain confidence when they saw they could still look fabulous was incredibly rewarding. You need a lot of energy to work as a stylist—the hardest part of the job is the leg work! I can be shopping and prepping for a shoot for 12 hours or more straight, carrying heavy bags between the stores and shoot, running around all day dressing the model... Your relationships are also paramount, whether that's being able to communicate with the client about the brief or getting to know the PRs for the brands you want to borrow from. The best part is seeing everything come together—when you've brought a story from your imagination to life and there's one shot that just looks incredible.

THE SNAPPER

JULIET DUNNE

I actually wanted to be a marine biologist because my dad was a diver so I was brought up diving, and that's where I got my love of photography—my dad always took underwater shots. But it would have taken seven years of training, so I decided to study the other thing I've always loved, graphic design and photography. My first job was in a small studio in Dubai doing family and baby portraits, just to get my foot in the door. Degrees help, but experience tops degrees any day. You need to get out there with your camera and practise. I'm still learning to this day—photography is never something you can just be excellent at; you're always learning and progressing. You have to challenge yourself—that's why I've started doing underwater photography now, which I'd always wanted to try. When you're doing fashion shoots, you know what the end result should be because you've got the storyboard and the client has told you what they want, but underwater anything can happen! Every day in this job is different—it just depends on the client. Once I've got the brief I'll research other shoots, looking at themes and colours to make up a storyboard. Shoot days are very physically demanding—it can feel like an intense yoga class, standing on a table to get a shot from above one minute, lying flat on the floor the next. Good people skills are number one: Anyone can hold a camera but if you can't connect with the person you're shooting, life will be very difficult for both of you! After a shoot I'll have to edit about 800 shots down to a final few, which is tough, but nothing beats opening a magazine and seeing the final result printed.



THE FASHION FORWARD FOUNDER

BONG GUERRERO

I'm not a designer by training but back in 1991, I opened a Dubai boutique that became a major fashion house for the region at the time, selling couture clothing to local royals. I had dreams that it could become like the Versace of the Gulf, but my partners didn't have the same vision and I ended up changing course in 1997 and going into events management. But the fashion bug was still there—my designer friends would call on me to organise their shows, and I remember thinking what a great opportunity it would be to organise a kind of Dubai fashion week. I knew I would call it Fashion Forward—because fashion should be avant garde, always moving forward and never back—so seven or eight years ago I tucked that name away in the back of my mind. Then the fashion platform at the time fell through and I had the chance to step into the void. It took two years and a lot of hard work pinpointing the best people for the team and finding funding and sponsorship to get it off the ground. We're still in our infancy and want to keep growing stronger—my dream is to see global brands evolve from the platform—but I love my job, and not many people can say that. I'm hardly ever in the office—I'll be out meeting clients and designers and checking out venues most days. I believe Fashion Forward is really important for Dubai—it's the retail capital for the region and the world's top brands come here for commercial success, so we need a platform to let regional stars shine. We're helping to build the soul of the city.



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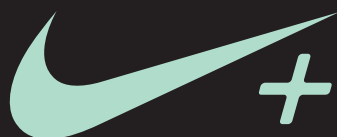
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